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City looking into impact of Airbnb on rental housing

COUNCIL

Mayor Robertson will support a motion at council to research

Emily Jackson
Metro | Vancouver

Vancouver politicians intend to investigate whether short-term rental services such as Airbnb are hurting the rental housing market in a city where rental vacancy rates hover near zero.

Complaints about short-term rentals are on the rise from both renters and homeowners, according to Mayor Gregor Robertson, who announced his support for a motion going to council next week that directs staff to gather data on short-term rentals and how they might impact affordability in Vancouver.

The motion comes amid speculation that more owners are opting to rent their places to tourists on Airbnb instead of to long-term tenants because it's more lucrative. Robertson's support almost certainly means Coun. Geoff Meggs' motion will pass the Vision Vancouver majority council.

"We are looking at all tools available to the city to create a level playing field for access to affordable, quality rental housing," Robertson said in a statement. "Collecting the data on short-term rentals is the first step to understanding its effects — both positive and negative — on our housing market, economy and our residents."

City bylaws prohibit rentals of less than 30 days without a business licence, but estimates by American and local researchers peg the number of Airbnb listings in Vancouver at more than 4,000. (The city aims to collect its own data by working with Airbnb and other short-term rental listing services.)

Municipalities are starting to crack down on Airbnb. Earlier this month, Tofino councillors passed a motion to take immediate action to ensure all owners renting their places on Airbnb had an appropriate business licence (these cost up to $375). The City of Burnaby is also looking into the issue after a Metro report on tenants who were shocked to see their home listed on Airbnb after they received an eviction notice for family use of property.

Meggs' motion stops short of calling for immediate action to regulate Airbnb, but he said the city plans to create a policy once it better understands the impact of short-term rentals.

"The complaints are steady but not in a tidal wave. I think that reflects that a lot of people are benefiting financially from Airbnb," Meggs said.

Still, renters are worried about displacement, he said, adding he also hears from landlords concerned about liability if their tenants try to make extra cash by listing their apartments on Airbnb.

His motion asks staff to speed up their research and report back on how other cities handle Airbnb. Meggs hopes this will happen as quickly as possible so council can take action, although he believes the province might need to get involved to create a regional solution.

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Chevron Refinery in Burnaby. Dozens of businesses are calling on the province to double down on its efforts to meet international commitments. ERIC DREGER/THE CANADIAN PRESS

Letter calls for carbon tax hike

ENVIRONMENT

Increase could incentivize businesses to cut emissions

Tereza Verenca
For Metro

Nearly 140 businesses from across B.C. are calling for a stronger carbon tax.

In an open letter to Premier Christy Clark, the signees argue that starting July 2018, the provincial government should increase the carbon tax by $10 per tonne of C02 equivalent emissions per year (the tax rate has been pegged at $30 per tonne since 2012).

"It would mean a stronger incentive to reduce carbon pollution in the province and get the province back on track for reducing emissions," Matt Horne, associate B.C. director for Pembina Institute, told Metro.

The revenue-neutral carbon tax was implemented in 2008 under Gordon Campbell's Liberals, one year after B.C. set greenhouse gas reduction targets based on the Intergovernmental Panel on Climate Change. The policy adds additional carbon taxes to fossil fuels burned for transportation, home heating and electricity. That money is then returned in the form of corporate and income tax breaks.

"In 2008, the Climate Action Plan — with the carbon tax as its central pillar — helped move the province's economy ahead, it helped boost the province's reputation and it helped the environment," the open letter reads. "Taking the next steps on the carbon tax as part of the Climate Leadership Plan is an opportunity to build on those initial successes, and it is an opportunity we must seize as a province."

A new Climate Leadership Plan is expected later this spring. Last November, a Climate Leadership Team — made up of academics, First Nations, business advocates and people from the environmental sector, like Horne — submitted a list of recommendations for the new plan. Raising the carbon tax was one of 32 suggestions.

As of 2014, over 68,000 British Columbians were working in clean economy jobs, Horne noted, up 13 per cent from 2010. A higher carbon tax would allow the province's clean tech businesses to thrive both domestically and internationally, he said.

But Jordan Bateman, B.C. director of the Canadian Taxpayers Federation, said his organization is completely opposed to any increase in the carbon tax and that the government should reassess whom it's giving tax breaks.

"Take some of these tax credits that are going to really boutique industries that not everyone can access and change it to be fairer and more across the board," he said, adding that 138 businesses is a tiny fraction of the overall entrepreneurial landscape.

The letter — with signatories like Aeolis Wind Power, Blue Fuel Energy and Modo Car Co-op — was submitted as part of the public comment period for the Climate Leadership Plan.

Anyone can submit their thoughts and concerns until noon on April 8.

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– Angel Meinecke, PBA, *Owner, Celestial Accounting*

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Man charged in serious crash

CRIME

Yue Hui Wang was driving five times the speed limit

Thandi Fletcher
Metro | Vancouver

A Chinese national is facing criminal charges after he crashed a Mercedes Benz, sending his passenger to hospital with serious injuries, while allegedly driving at least 250 km/h — five times the speed limit — on Vancouver's Southwest Marine Drive last year.

Nineteen-year-old Yue Hui Wang has been arrested and charged with criminal negligence causing bodily harm in connection with the April 12 crash, according to Vancouver police.

His passenger, a 17-year-old man, is still recovering from serious injuries, including head trauma, facial fractures, brain swelling, a fractured arm, and possible eye damage.

The Mercedes, which was travelling westbound on S.W. Marine Drive, lost control shortly before the 57th Avenue intersection, crossed over the eastbound lane and crashed into a tree in the front yard of a residence. COURTESY VANCOUVER POLICE

Const. Brian Montague, spokesman for Vancouver police, said he "didn't believe it" when investigators told him how fast Wang was allegedly driving.

"I didn't think someone could actually travel that fast on that particular stretch of roadway," he told reporters Wednesday.

"Clearly, they can't without losing control and crashing. We don't see these speeds in the city. We see people travelling at high rates of speeds, but 250 km/h is nothing short of insanity."

He said the crash happened around 3 a.m. when the Mercedes, which was travelling westbound on S.W. Marine Drive, lost control shortly before 57th Avenue, crossed over the eastbound lanes through the intersection and struck a tree in the front yard of a residence.

The driver and passenger were trapped in the vehicle for nearly an hour before a passing motorist found them and called for help, said Montague.

Montague said the vehicle, which was totalled in the crash, was registered to one of the driver's parents.

> **250 km/h is nothing short of insanity.**
> Const. Brian Montague

"I would imagine that it's nothing more than a fluke that we didn't pull two dead bodies out of here," he said, adding that both were wearing seatbelts.

"Had they hit somebody or a more solid object, or a vehicle coming from another direction, I would imagine that both vehicles would have just been disintegrated."

While the driver, who received only minor injuries, was treated in hospital and released the next day, the passenger was left with much more serious injuries that sent him to the intensive care unit.

He required surgery and is still recovering but is doing "quite well," said Montague.

After examining the damage, debris field and skid marks, among other factors, investigators determined that the car was travelling in excess of five times the speed limit, he said.

Wang, who returned to China following the crash, was arrested at Vancouver International Airport when he came back to Canada for a citizenship ceremony, which he later missed.

A resident of Richmond at the time of the crash, Wang has since been released from custody until his next court appearance.

He was ordered to surrender his passport and has conditions not to be found in the driver's seat of any vehicle.

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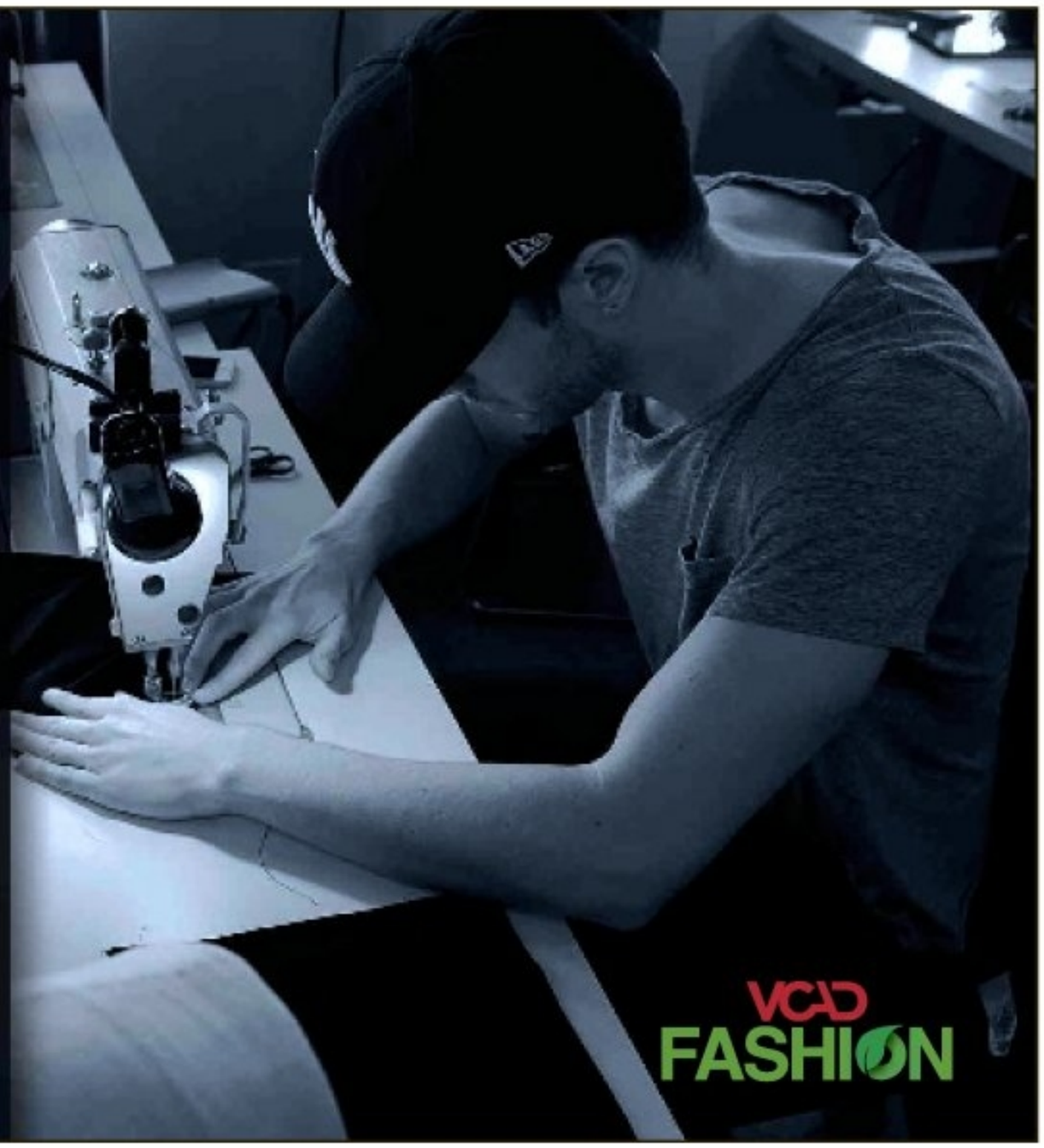

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The dedicated beds for youth with mental health and substance abuse issues will be on the third floor of the Hope Centre at the Lions Gate Hospital in North Vancouver. COURTESY CLIVE CAMM

Donation makes ward a possibility

MENTAL HEALTH

Philanthropists kicking in $2M for 10-bed unit to assist teens

Emily Jackson
Metro | Vancouver

One in five B.C. youth and adolescents will struggle with mental health issues, but a new hospital unit on the North Shore will aim to help them recover and lead normal lives.

Funding has been secured for a 10-bed unit at the Hope Centre at the Lions Gate Hospital in North Vancouver after a notable $2-million donation from local philanthropists Jack and Leone Carlile, the province announced Wednesday.

The donation covers almost half of the capital costs of the unit, with the province covering the annual $3.1-million operating costs through Vancouver Coastal Health.

20%

The percentage of B.C. youth and adolescents who will struggle with mental health issues. A new ward, made possible by a major donation, will endeavour to address the issue.

The unit will take the name of the pair whose backing made it a possibility.

"We recognize that youth with mental health and substance use concerns face a difficult and vulnerable future," Health Minister Terry Lake said in a statement.

"The comprehensive services to be offered by the new Jack and Leone Carlile Centre will help many more youth address these roadblocks and get back on track to a healthy, promising life."

Rather than the typical industrial hospital setting, the unit aims to be brighter and tuned in to the needs of teenagers.

It will feature a gym and several private spaces to play guitar.

Teenagers between 13 and 18 years old will be able to stay at the unit for between two weeks and 20 days in order to be properly assessed and stabilized before receiving longer-term outpatient care.

There will also be a higher ratio of staff to patients than in an adult unit.

It is scheduled to open in 2017.

IN BRIEF

Jeepers Creepers series director's past raises alarm

A B.C. actors' union is warning its members about Victor Salva, a director known for the Jeepers Creepers series of films.

A casting notice was recently posted for an 18-year-old actress to play a 13-year-old girl in an upcoming third instalment in the series, according to reports.

The post has since been removed and, in a recent memo, the Union of BC Performers warned its members about Salva's past as a convicted pedophile. METRO

ON THE ROADS

Drivers not getting the point: Police

Thandi Fletcher
Metro | Vancouver

Vancouver police say they would like to see fines increased for people caught using their cellphones behind the wheel following a ticketing blitz this month.

Const. Brian Montague said Wednesday that VPD is in favour of seeing fines for distracted driving go up after officers handed out 1,600 tickets to drivers caught using devices this month in Vancouver.

"It's a lot of tickets obviously," he told reporters. "That doesn't include other distractions. Those are tickets just for someone dealing with an electronic device, for the most part a cellphone."

He said most drivers don't seem to be getting the message, and the police department hopes to see the provincial government increases fines soon for dangerous driving behaviour.

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Snowboarder lifted to safety

MOUNT SEYMOUR

Team spends night with man who fell into frigid waters

Tereza Verenca
For Metro | Vancouver

A Seattle man walked away with only a bruised thumb and some hypothermia after spending more than seven hours on Mount Seymour on Wednesday.

The 26-year-old was snowboarding with his brother on Tuesday afternoon when the pair got separated around 6:30 p.m., according to North Shore Rescue (NSR).

"He went completely the wrong way, so he ended up walking with his snowboard aimlessly and he ended up falling into the edge of the lake," said NSR team lead Mike Danks.

"He was actually in the water past his chest. At that point, he got himself into a real panic because he thought he was going to die."

After pulling himself out of the freezing water, the snowboarder continued on.

The rescue team made contact with the man at 2:30 a.m. after following his tracks and pinging his phone. That got them within 1,000 feet of his location.

"The guys spread out. They started making lots of noise, launching bear bangers and parachute flares, to try to get his attention, and that worked. He started yelling," Danks explained.

Due to very rough terrain, NSR volunteers made the decision to hunker down with the snowboarder, warm him up, give him some food and perform a longline extraction in the morning.

The snowboarder's family, meanwhile, were all there to greet him the next day.

> **He got himself into a real panic because he thought he was going to die.**
> Mike Danks

"He was very appreciative. His family was just absolutely overwhelmed when we brought him in," added Danks.

The team lead noted this was the first call for which the organization's new longline rescue system had to be deployed. Crews didn't have to remove the doors off the aircraft, a spotter wasn't required and instead of taking two to three people at a time, three to five were allowed to come on board.

"We're really proud everything worked out well, and it's going to be a game changer for the North Shore community," said Danks.

North Shore Rescue was called out Tuesday night after a snowboarder got lost and went out of bounds. He was rescued by chopper Wednesday morning. COURTESY NORTH SHORE RESCUE

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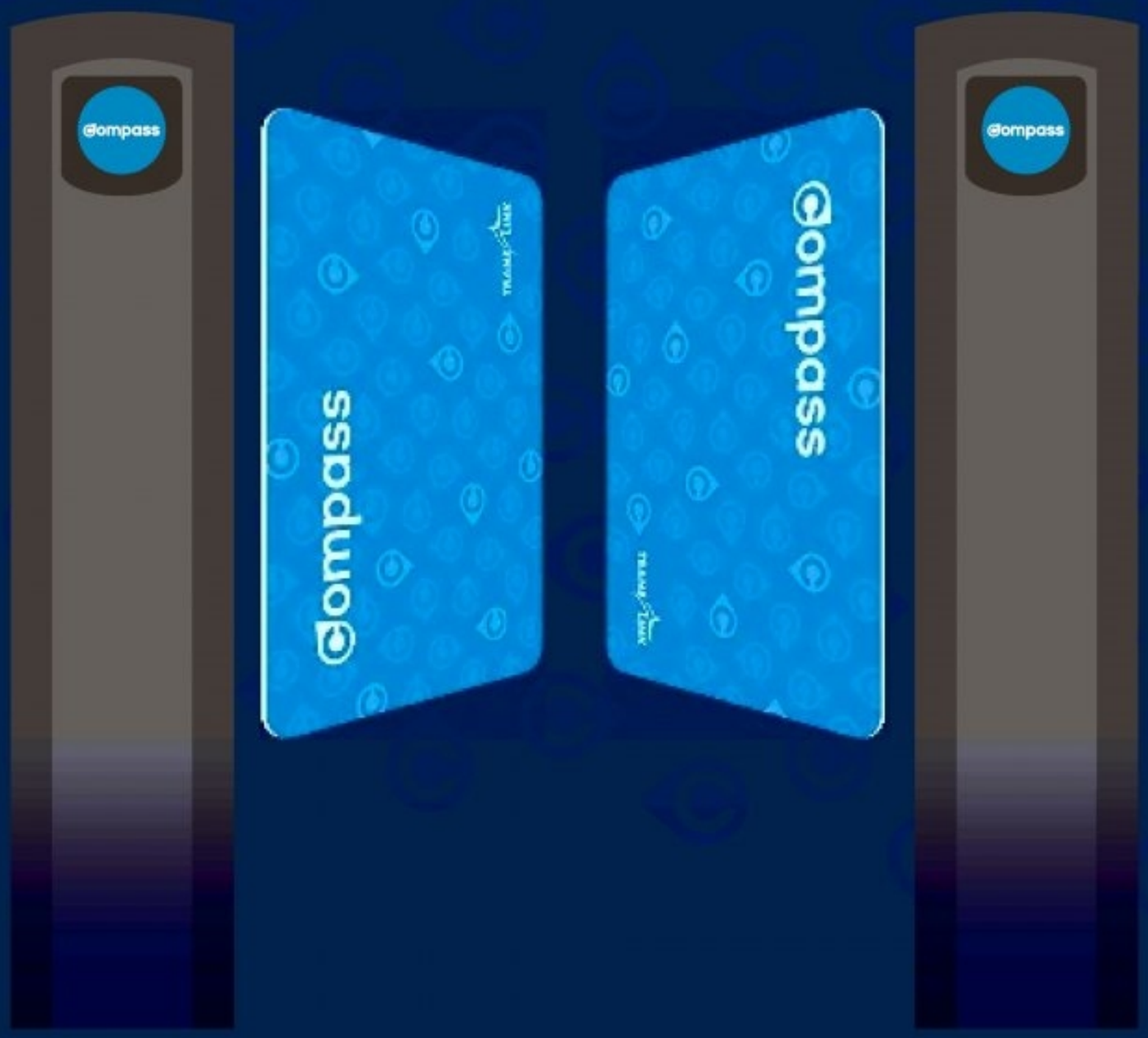

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TRANSLINK

VGH staff comfy with camera

TELEVISION

Second season of hospital ER show premiers on April 12th

Tereza Verenca
For Metro | Vancouver

With the second season of Emergency Room: Life + Death at VGH premiering on April 12, hospital staff say they're becoming more and more comfortable with a camera crew in the room.

The television series gives viewers a behind-the-scenes look into one of the province's busiest emergency departments, documenting everything from a dislocated knee cap to the passing of a patient.

"There was no issues with the crew at all," Dr. Andrew Campbell told Metro.

"They were kind of always in the background, very good at not getting in the way. The only time it got a bit awkward (was) when they'd stop and ask you interview questions.

"They really spent a lot of time in the department, making sure they knew about how it worked and who the different players were."

Anyone who appeared on camera had to sign a consent form.

The first season broke viewership records with 1.2 million people tuning in online or into B.C.'s Knowledge Network. It was also critically acclaimed as best television show and best documentary at the 2014 Leo Awards and earned two Screen Award nominations.

"I think we were all very surprised by that," said Campbell. "None of us knew what to expect. We're really used to operating anonymously."

Dr. Andrew Campbell is one of the ER doctors featured in the six-episode docu-series. COURTESY KNOWLEDGE NETWORK

> **We never thought it would be such a smash hit.**
> Rudy Buttignol

Knowledge Network, meanwhile, was "taken aback" by all the positive feedback.

"We had a pretty good idea that it would do well but we never thought it would be such a smash hit," said the company's president and CEO, Rudy Buttignol.

He said months after the show's debut, there was not one person he'd run into that hadn't heard about it.

"That really surprised us, and we thought perhaps we should consider going back and doing another set of episodes," Buttignol added.

Besides a raw look into the everyday life of VGH staff, Campbell hopes the show gives the public a better understanding of the challenges he and his colleagues face and why waiting in an ER could take hours.

"They don't really see what's going on in other areas or what we're often dealing with," he said.

This time around, the six-episode docu-series will dive deeper into the problems created by an aging population.

There's even an entire episode dedicated to nurses, which make up 81 per cent of VGH's ER staff, and the role they play.

"You just feel really proud of everyone. Everyone really believes in what we do and the service we provide. It's such a team effort," Campbell said.

Nine killed in fire in remote community

FIRST NATIONS

Pikangikum is no stranger to tragedy

Nine members of a family, including three children under five, have died in a house fire in a remote northern Ontario First Nations community that has seen more than its share of human tragedy.

A resident of the Pikangikum First Nation, who did not want to be identified, said three generations of a family died in the blaze that destroyed their home late Tuesday.

The resident identified the victims as Dean and Annette Strang, their son Gilbert, their daughter Faith, Faith's three young children and two common-law partners.

Ontario Provincial Police Const. Diana Cole said the fire broke out late Tuesday in the remote community near the Manitoba-Ontario boundary.

The cause of the fire is under investigation and police remain on the scene, Cole said.

Alvin Fiddler, grand chief of the Nishnawbe Aski Nation which represents First Nations in northern Ontario, said he spoke Wednesday with Pikangikum Chief Dean Owen, who sounded exhausted.

"The shock of losing so many people in one tragic event is overwhelming," said Fiddler.

Fiddler described Pikangikum as "ground zero" when it comes to infrastructure requirements such as housing, access to clean drinking water and the capacity to fight fires.

Prime Minister Justin Trudeau offered his condolences to the community and said his government will work to improve conditions for First Nations people.

Those familiar with the remote fly-in community say the fire is shocking, but not especially surprising.

Deplorable living conditions in Pikangikum have been the subject of public debate for decades. The community's struggles with poverty and suicide rates have been well-documented, but visitors say that awareness has done little to bring about real change.

The community has also been grappling with a long-standing water contamination issue. A federal government website indicates Pikangikum has been under a boil water advisory since January 2006. THE CANADIAN PRESS

A smouldering house at the Pikangikum First Nations community on Wednesday. THE CANADIAN PRESS

POLITICS AND TODDLERS PRIME MINISTER'S PLAY DATE Prime Minister Justin Trudeau spends some time with Sarah Nguyen, 3, during a stop at the Mill Woods branch of Edmonton Public Library in Edmonton, Alta, on Wednesday. Trudeau is facing renewed criticism over employment insurance changes, but the prime minister says the issue boils down to "cold, hard mathematics." CODIE MCLACHLAN/THE CANADIAN PRESS

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Rob Ford's widow Renata looks on as her daughter Stephanie speaks at her father's funeral. THE CANADIAN PRESS

ROB FORD

'He's the mayor in heaven'

Rob Ford was many things — father, husband, brother and coach — but in the end, he will be remembered as simply "the mayor."

Speaking in front of a packed St. James Cathedral, Ford's daughter Stephanie, 10, recalled how her father was an "amazing dad" and the "best mayor."

"(He's) the mayor in heaven now," she said, her voice steady as she stood beside young brother Dougie, 8, and her visibly shaken mother, Renata.

Ford's political life was front and centre at the funeral on Wednesday, where more than 2,000 mourners filled the pews, spilling over into tents erected on the lawn and the street in front of the church. TORSTAR NEWS SERVICE

REFUGEES

UN shines spotlight on Canada's plan

As world leaders converge on Geneva Wednesday seeking inspiration to resolve the Syrian refugee crisis, all eyes will be on Canada's feat of resettling 25,000 Syrians in just four months.

Immigration Minister John McCallum, the man at the helm of the country's most aggressive refugee resettlement project, will be a key presenter at the United Nations conference attended by representatives of 80 countries, 10 international organizations and 24 non-governmental agencies.

"People close to refugee issues follow Canada's efforts closely. Among a certain type here, your new prime minister is the new Obama, the progressive dreamboat. We wish we had a leader who saw welcoming refugees not as a chore, but as something to be proud of," said Tim Finch of the National Refugee Welcome Board in the United Kingdom.

"It is an inspiration to us. If Canada can do it, there's no reason why we shouldn't."

Although Ottawa had to extend its resettlement deadline from Dec. 31 to Feb. 29, it brought in 26,000 refugees, including 9,000 who were sponsored by community groups.

The resettlement program led by **John McCallum**, right, has been called "inspirational." THE CANADIAN PRESS

While there have been bumps along the way, with private sponsorship groups complaining about delays, the project has been widely viewed as a success.

According to the United Nations High Commissioner for Refugees, the host of Wednesday's conference, the meeting aims to rally international support in resettling Syrian refugees to relieve the burden on Middle Eastern countries by exploring alternatives such as humanitarian transfers and medical evacuation, as well as private sponsorship, which is unique in Canada.

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U.S. PRESIDENTIAL RACE

Clinton aims to end Sanders' campaign

Hillary Clinton's campaign aims to effectively end the Democratic primaries against Bernie Sanders by early May. But first she needs to navigate tricky contests in Wisconsin and her home state of New York.

Clinton enters April with a big delegate lead and insider support among Democrats crucial to the nomination.

But Sanders is pointing to victories in five of the past six states holding contests — among them, three western states — and views Wisconsin as a home for the progressive causes he has long supported.

"We are on a roll. Our campaign has momentum," Sanders told a crowd of about 4,000 Tuesday night inside the Wisconsin State Fair Park Products Pavilion in Milwaukee.

A win by Sanders there next week would put pressure on Clinton to deliver in New York, which she represented in the Senate. Returning to New York ahead of the state's April 19 primary, Clinton campaigned at Harlem's famed Apollo Theater and unveiled a new television ad taking on Republican Donald Trump's hardline immigration policies and violence at some of his rallies.

Wisconsin, with its mix of urban and rural voters, could offer parallels to its Midwestern neighbours.

Sanders' triumph in Michigan earlier this month was one of the biggest moments of his campaign, but Clinton defeated him a week later in Illinois and Ohio, setting up a new fight.

Sanders, reprising a message he used effectively against Clinton in Michigan, said disastrous trade policies led to the 1996 loss of Milwaukee's Johnson Controls plant to Mexico and the closure of Janesville's General Motors plant in 2008. THE ASSOCIATED PRESS

Hillary Clinton attends a campaign rally in New York on Wednesday. AFP/GETTY IMAGES

CLIMATE CHANGE

ANTARCTICA MELTING FASTER THAN EXPECTED

In this January 2015 photo, Gentoo penguins stand on rocks near the Chilean station Bernardo O'Higgins in Antarctica. Warmer air, less frigid water and gravity may combine to make parts of Antarctica's western ice sheet melt far faster than scientists had thought, raising sea levels much more than expected by the end of the century, according to a new study.

In a worst-case scenario, the fast melting could raise sea levels in 2100 by 46 to 86 centimetres — more than an international panel of climate scientists predicted just three years ago. Even if countries control heat-trapping gases at the moderate levels, it would still mean seas eight to 31 centimetres higher than have been forecast.

THE ASSOCIATED PRESS FILE

Attacker's laptop had PM's home, work info

BRUSSELS

Security around Charles Michel heightened

A laptop used by one of the Brussels bombers contained images of the Belgian prime minister's home and office, an official said Wednesday, heightening fears after last week's attacks on the airport and subway system.

Security around Prime Minister Charles Michel has increased since the Nov. 13 attacks in Paris and in Brussels last week. Michel also has had several unspecified death threats over the past years, the official said.

A laptop found near the hideout of the suspects of the March 22 airport bombing first gained notoriety because it contained a sort of will of suicide bomber Ibrahim El Bakraoui, in which he spoke of being "in a haste" and "no longer know(ing) what to do."

The computer was also "full of stuff" on many locations around Brussels in information garnered from the Internet, said an official linked to the investigation.

PM Charles Michel

The official, who asked not to be identified because the investigation is ongoing, said that at the moment there were "absolutely no" specific indications that Michel was under threat from the attackers.

In propaganda material distributed Tuesday, Daesh described the Brussels attacks as part of "a war against all their tyrants and pagans; a war against secularism."

In all, 32 people died in the attacks on Brussels international airport and the Maelbeek subway station and 87 remained in hospital. THE ASSOCIATED PRESS

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MIGRANT CRISIS

UN chief: Let in more refugees in

UN Secretary-General Ban Ki-moon urged governments around the world Wednesday to let in more people from Syria, as the global body tries to find new homes for almost half a million people who have fled the war-torn country.

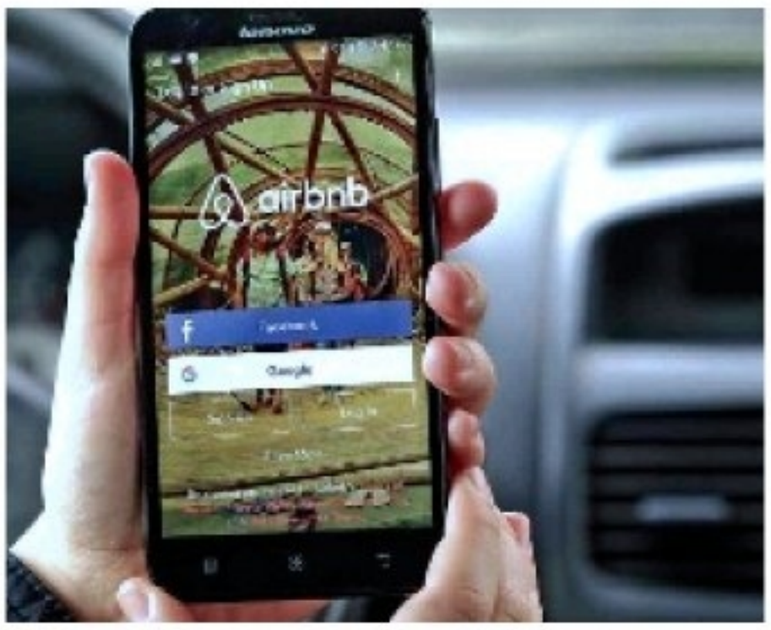
Ban's appeal came as Europe is striving to halt the unchecked flow of migrants across the Mediterranean, as the number of people passing through rises with the warm weather.

Figures released by the Greek government showed 766 people reached the islands of Lesbos, Samos, Chios and Kos in the 24 hours until Wednesday morning. The number is a roughly a three-fold jump compared with arrivals in previous days.

In Turkey, the coast guard said it rescued dozens of mostly Syrian migrants as they tried to reach Greece. Off the coast of Libya, a German navy vessel on Tuesday picked up scores of people trying to cross the Mediterranean.

A new European Union-Turkey agreement comes into effect next week to curb the flow of migrants. THE ASSOCIATED PRESS

Migrants and refugees rest at the passengers' terminal at the Port of Piraeus, Greece, on Wednesday. AFP/GETTY IMAGES



While sharing economy companies are disrupting markets, a new report emphasizes the need to look at revising existing regulations. ISTOCK

New rules for sharing economy

REGULATION

Report says there is no single solution to problem

As the sharing economy grows in popularity, governments must look at bringing in new regulations, and at the same time, update rules for existing businesses, a new report says.

"The sharing economy is much broader than just Uber or Airbnb, though the discussion often gets narrowed down to those two companies," said Joeri van den Steenhoven, director of MaRS Solutions Lab, which produced the report, Shifting Perspectives: Redesigning Regulation for the Sharing Economy.

"It should be seen as an opportunity to create more effective regulation and better public value for its citizens," he said, noting governments should not just think of the sharing economy as something to respond to, but rather build a strategy that nurtures it.

The 100-page report results from research as well as in-depth interviews with 136 individuals ranging from taxi drivers, UberX drivers, hotel managers and Airbnb hosts.

While sharing economy companies are disrupting markets, the report emphasized the need to look at revising existing regulations, which may be reducing the administrative burden faced by existing operators.

That means looking at easing some of the rules and regulations that taxi drivers face, including a 17 days of training. By contrast, UberX drivers often only watch a company-produced video.

"It's not just about adding more rules, but revisiting the regulations, making them more effective, drive the public value that we want," van den Steenhoven said. But the report also cautions that there is no single solution to a complex problem, that cities should play a lead role, with the province ensuring a certain degree of harmonization.

"We encourage governments to keep on learning when they are putting in place new regulations, and where possible, to actively experiment," the report says.

The report clearly outlines the need for regulations, but van den Steenhoven cautioned that too many rules can stifle innovation, so cities need to create an environment that can allow new businesses and ideas can thrive.

The report added regulation is always a reflection of what is happening in society. "It constantly has to catch up with a world that is always changing, and there is nothing wrong with that," it said. TORSTAR NEWS SERVICE

> **"Traditional approaches to regulation no longer fit and the consequences of new regulation are largely unknown.** Report

SLEEP

Desk hammock rescues nap time

If you've ever tried to take a nap with your head perched on your desk, then you probably know how awkward and uncomfortable waking up from a desk-top snooze can be.

One Toronto design student has taken this real-life struggle and invented a hammock that installs cleverly under your desk, to ensure you get some proper shut-eye. Nineteen-year-old Aqil Raharjo, a student at OCAD, has created the Schnap Desk Hammock — "a nap in a snap" — that allows you to curl up under your desk or table for a quick power nap. The hammock hangs from two c-clamps attached to the edge of the table, but you don't have to worry about the safety of your surface — the Schnap also comes with table protectors.

Although Raharjo says the hammock is still in development and research stage, he hopes to have it available to purchase online, and is looking for members to join his team. REBECCA WILLIAMS/METRO

Feeling that 3 p.m. crash? This desk hammock may just be your saviour. CONTRIBUTED

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metro VIEWS
Your essential daily news
Thursday, March 31, 2016

ROSEMARY WESTWOOD THE FORD FUNERAL

THE LAST WORD ON A LEGACY

Part funeral, part parade, part political rally — Rob Ford's sendoff brought the press, public and political class together in a show of deference and respect that felt no less peculiar for being entirely appropriate. Thus, in his final act, **the inimitable ex-mayor managed to unite a city he once divided.**

Death is strange even under the most ordinary of circumstances, but when the dead is Rob Ford, it is a spectacle stranger than most.

Since Ford succumbed to cancer last week, at only 46 years old, Toronto's most outlandish and controversial political figure has received the warmest treatment of his embattled life. That may be fitting, but it also feels exceedingly odd.

Toronto media — almost uniformly combative by the end of Ford's term — has become the picture of politeness.

City hall — home to some of Ford's most cutting critics — extended the very rare honour of hosting a two-day public visitation with Ford's body lying in repose in a Toronto-flag-draped casket (surprisingly regular in size, given his personality and stature).

Ford Nation and its fringes lined up by the hundreds for hours to pass by the dead former mayor, who won their deep adoration through a dogged ground game, off-colour politics and the redemption story that was his battle with substance abuse. And they came again in droves on Wednesday morning for the procession and funeral.

Waiting outside city hall, the crowd off-kilter renditions of Amazing Grace, When the Saints Go Marching In, and Bob Marley's One Love — a musical message out of keeping with Ford's tenure as mayor, but one that suits exactly this city's sendoff. I thought I heard them sing "One love, One Ford…" Though I can't be sure.

When Renata, Ford's widow, and children arrived, the crowd let out a cheer worthy of a celebrity. "We love you, Renata!" they yelled. She, looking somewhat shocked, but grateful, blew the crowd a kiss with both hands.

One day you're a national embarrassment, and the next day you're eulogized by a former premier as 'Canada's mayor'

Clockwise from left: A Ford supporter looks on at Wednesday's funeral procession; Ford's widow Renata flanked by her children, cries next to her husband's casket; Ford's hearse makes its way down through downtown Toronto. LANCE MACMILLAN/FOR METRO; NATHAN DENETTE/THE CANADIAN PRESS; BERNARD WEIL/TORONTO STAR

An hour later, when Ford's casket exited city hall, Ford Nation again swelled with clapping and cheers. A security guard charged with keeping the taxpayers at bay wiped away a tear. When I later asked her if she had been crying, her eyes welled and she smiled, but wouldn't say.

"We love you, Doug!" someone yelled, and everyone ignored the city councillors who followed behind him. "They should have had the voters go before (the councillors), the way they treated him," one woman scoffed. And indeed, as the procession got moving, the public overpowered security guards and forced their way into line, waving Rob Ford flags and shouting, "Best mayor ever!"

The security team could only shrug. "Well, at least you tried," one city official said. They should have known there's no holding back Ford Nation.

It was part funeral procession, part parade, part political rally that wound through the blocked-off downtown streets. The bagpipes were too far ahead to be heard by the Fords, plodding behind the hearse, and so the raucous cheers from hundreds of followers provided their soundtrack. At times, it had Doug Ford and his family grinning. Later, he fought back tears during his funeral speech, promising to "continue respecting taxpayers."

That was after Ford's daughter told church mourners that her father, "an amazing dad," was now "mayor of heaven" — underlining that even for a grieving daughter, there is no separating Rob Ford from Rob Ford. There wasn't in life, and there isn't in death.

Along the procession route, a group of onlookers appeared to be taken in more by the spectacle's power than by grief. "Have mercy on us all," one remarked before walking off, an invocation that was difficult to parse. Mercy for those feeling apocalyptic about what Ford Nation indicates about our politics? Or mercy for those who feel implicated by how Ford was maligned when he was alive?

Bringing up the rear was a young white man in a ballcap and doo-rag, dragging a speaker on wheels blasting '90's rappers UGK's One Day: "So I'm a take care of my business on the smooth tip/Watch my back sellin' crack and pack two clips/… It's a trip you're here today but the next day you're gone."

Indeed. One day you're a national embarrassment, and the next day you're eulogized by a former premier during mass at St. James Cathedral as "Canada's mayor," with two archbishops on hand and a world-renowned organist.

One reporter later saw fit to mention that he saw not a single protester all day. But of course he didn't. Rob Ford has had the last word on his legacy. And it's one love.

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Deadpool is now the highest grossing R-rated film in history

Navigating the new world of sex

INTERVIEW

Journalist pens book based on talks with young women

Over the course of roughly three years, journalist Peggy Orenstein interviewed more than 70 young women, along with psychologists, academics and other experts, about the sexual landscape facing girls today.

Those frank discussions — on everything from hookup culture to sexting — formed the basis for her latest book, Girls & Sex: Navigating the Complicated New Landscape. It's an eye-opening look at how modern young women view intimacy, relationships and their own bodies.

Here, Orenstein talks about her findings from her home in Berkeley, Calif.

What was your big takeaway from all that research?
I went into it as a journalist, author and a parent. The biggest thing that I took away was the necessity of normalizing discussions of sexuality with your kids as a parent, and not putting it into a special box or category — not having "The Talk," but integrating the broad discussion of sexuality and intimacy and pleasure and all of that into everyday conversation.

Did anything surprise you?
One of the big things that surprised me is how it had become the accepted pathway to a relationship for kids — you start with a hookup, the last thing you do is date. I wasn't aware of that.

Modern girls have strong role models. But this one quote from a girl you spoke to jumped out at me: "I guess no one ever told me that the strong female image also applies to sex."
She had just said that her mother and grandmother were these incredibly powerful women, then said women are supposed to be deferential and agreeable when it comes to oral sex. If I had been interviewing these women about their public lives, their time in school, their plans and dreams and ideas, I would've come away inspired. But we haven't extended that to their intimate lives, even while culture has become more sexually explicit. That's a recipe for a lack of satisfaction — and victimization — in girls.

What can parents do to help their daughters — and sons — understand the world of sex and intimacy?
Talk to our children about sexual autonomy, ethics, reciprocity. When we talk about anatomy, we never talk about the outside of a girl's body. We don't tell them about it as parents, we don't tell them about it school, then we expect them to go into sexual encounters. We set them up to think boys are the only ones who take pleasure in sex, that it's not about women.

Many progressive parents are good about talking about risk, danger and consent. They've talked about birth control and disease protection, that no means no and yes means yes. But they haven't talked about joy, pleasure and entitlement. They haven't talked about masturbation. We don't tell girls what a clitoris is, and that it's there to make good feelings.

Girls ask all the time: "I've heard girls have orgasms, but how does that happen?" Boys sure know. We tell boys puberty is defined by erections, but girls' puberty is about periods and unwanted pregnancy.

How do you think this should translate to sex ed in schools?
I know there's controversy about (Canadian) sexual education classes, but what they're doing is right. Explicit conversations about pleasure, masturbation, ethics, treating each other well — actually help young women make choices that they're happier with.

It results in less regret, less shame and less unwanted behaviour. In the U.S., we know that abstinence education is a disaster.

TORSTAR NEWS SERVICE

Peggy Orenstein interviewed more than 70 young women for her new book. CONTRIBUTED

> **If I had been interviewing young women about their public lives ... I would have come away inspired. But we haven't extended that to their intimate lives.**
> Peggy Orenstein

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Parties aplenty in coming-of-age tale

MEMOIR

Rob Spillman reflects on his experiences in East Berlin

Sue Carter
For Metro Canada

Last week, a new museum opened in Germany, dedicated to those who lived under the shadow of the Berlin Wall. The first 1,000 visitors to the Wall Museum received a small souvenir chunk from the concrete structure, a kitschy token of the 155-kilometre-long barrier that physically divided the city from its construction in 1961 to its eventual fall in 1989.

The Berlin Wall is more than just a Cold War relic or tourist destination for Rob Spillman.

The co-founding editor of influential New York literary magazine Tin House spent much of his formative years in West Berlin. Restless and filled with romantic idealism, 25-year-old Spillman returned to the city just months after the Wall came down, seeking adventure, writerly purpose and bohemian camaraderie. He shares his youthful experiences in his new memoir, All Tomorrow's Parties, a captivating coming-of-age story and snapshot of a city in flux.

Spillman, the German-born son of divorced American opera musicians, did not have a typical upbringing.

Instead of Little League or Boy Scout camp, he spent his youth immersed in theatre, hanging out at his father's rehearsals and performances. Young Spillman knew he wanted an artistic life — and even performed in operas as a kid — but struggled with his own identity and dark feelings of being an outsider amongst free spirits, only finding solace among his books.

"I knew I wanted to be creative," he says, "being surrounded by creative people all my life, but I didn't feel creative. Growing up surrounded by musicians and people who were living for their art definitely shaped the way I look at the world."

At the age of 25, Spillman was back in the U.S. working as a freelance writer along with his new wife, fellow author Elissa Schappell, when news of the Berlin Wall's fall dominated international news. Questioning whether his idealized artistic life could include marriage and a steady job, he convinced Schappell to move to Germany, and that's when All Tomorrow's Parties becomes a Hunter S. Thompson-esque journey.

Fuelled on absinthe from a Portuguese dive bar, the two eventually settle in East Berlin, a city in still in limbo under some kind of Mad Max rule as riot police battle with both skinheads and anarchist settlers. Laundromats don't exist yet, soup kitchens double as bars, and the streets are filled with old furniture, abandoned for newly available Western goods.

Despite his journalist credentials, Spillman didn't write about this unique experience at the time.

"I had this delusional notion that if I didn't write about it, it would keep going, the magic would not go away," he says.

"Not the most logical thought I had, but that was the feeling when I was there."

Spillman calls writing All Tomorrow's Parties a "10-year odyssey" in which he tried to be as "honest and empathetic as possible."

He imagined his audience to be his teenage self, or someone struggling with the same internal battles.

"I was writing the book not necessarily for people I know, but for the lost people out there who are adrift now," says Spillman.

"When I was 16, 18, a book saved my life, reading other people's narratives, either fiction or non-fiction was pivotal for me. It showed there was a greater world out there, and I wasn't alone."

Sue Carter is the editor at Quill & Quire magazine.

Rob Spillman's new book is called All Tomorrow's Parties.
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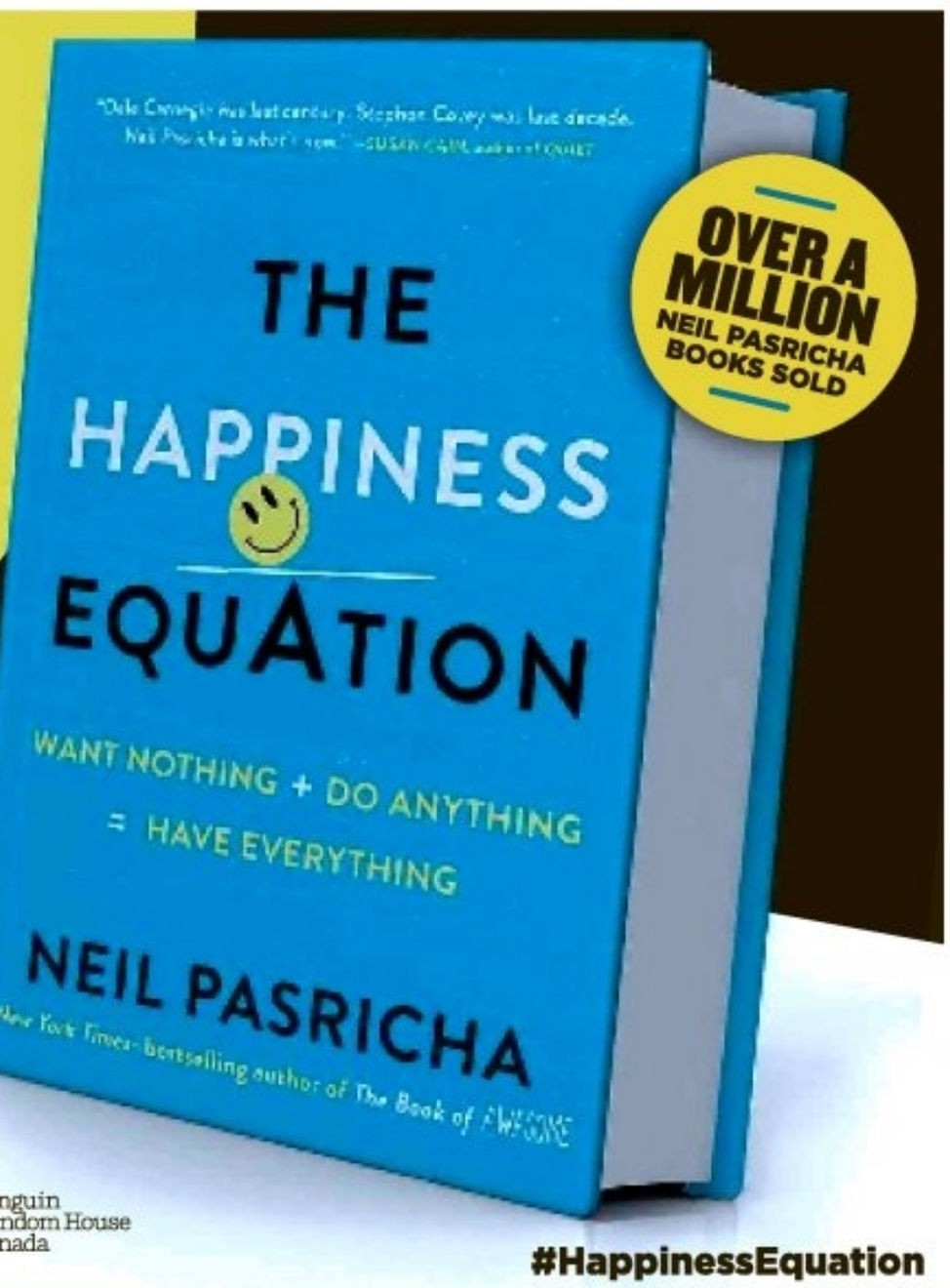

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Three Musketeers gets a modern twist

YOUTUBE

Grads turn Dumas tale into LGBT sorority story

When authors such as Jane Austen, Alexandre Dumas and William Shakespeare sat down to pen the pieces that would make them household names, there was no Internet and certainly no such thing as video blogging.

But do a few Google searches today and you'll find their famous characters alive on YouTube, with some modern twists that are turning a whole new generation into lovers of classic literature.

To thank for the renewed interest in tales that teachers usually have to prod their students to read are literary web series — videos that have reimagined Romeo and Juliet as university students or Charlotte Bronte's Jane Eyre as a nanny enrolled in nursing school.

And the newest to join the phenomenon hails from Toronto, where Corus Entertainment and a pack of recent university graduates are toning down the swashbuckling in Dumas' The Three Musketeers to make the book's prolific adventurers into modern-day LGBT sorority girls.

Called All For One, their online series releases episodes three times a week on ABC Spark and YouTube for a total of 30 episodes in all, running so far at about 5 minutes each.

It debuted in early March, but already creator Sarah Shelson says, "We're seeing a few viewers say they're picking up the book to read along or if they've already read it, a few are telling others to get out there and grab it to read as they watch."

The trend of using the web to let updated literary characters talk directly to the camera in video-diary styled episodes spanning only a few minutes each grew out of The Lizzie Bennet Diaries, a video blog series that updated Austen's Pride and Prejudice, created by Pemberley Digital in 2012.

While its message was much the same as Austen's original — casting Bennett as a debt-ridden grad student who lives with a mother so eager to see her daughter settled down that she prints the book's famous first line "It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of a wife," on a T-shirt — it managed to attract a modern audience by doing away with the book's dated language, pomp and circumstance. When it aired on YouTube, The Lizzie Bennet Diaries received millions of hits and won an Emmy for original interactive programming.

Lauren Evans and Sarah Shelson, right, are the producers behind All For One. TORSTAR NEWS SERVICE

> **The heart of the story is there, but we take some liberties to make it a fun romp of a series**
> Lauren Evans, co-producer
> All For One

Two years later, Pemberley Digital, helped Shelson launch The March Family Letters — a web series that transplanted the famous sisters from Louisa May Alcott's Little Women into a 21st century, Toronto apartment.

"I had loved the story since I was little," said Shelson, whose mom originally encouraged her to read the book.

The series was strung together as "a labour of love" with only passion, some support from Ryerson University and a budget of less than $50,000.

But that's part of the beauty of the medium and why it's expanding. "All you really need is a book that you care about and that is (available) for use, a camera … and the need to create a good story," says Lauren Evans, Shelson's co-producer.

But crafting classic characters with a modern twist who mimic their audience is a double-edged sword; some viewers will always "have their own attachments to and love for" the originals, says Shelson.

That's why Aramis (Ariana) is still ambitious, Athos (Alex) is as secretive as ever and Porthos (Portia) remains the extrovert. And as with the original, they must rise up and fight a powerful body: the school's student union.

"The heart of the story is there, but we take some liberties to make it a fun romp of a series," Evans says. TORSTAR NEWS SERVICE

REVIEW

Doctor Who is back in comics

Mike Donachie
Metro | Canada

The Fourth Doctor
BY: Gordon Rennie, Emma Beeby and Brian Williamson
PUBLISHER: Titan Comics

The scarf. The hat. The curly hair. The bag of jelly babies. The manic smile.

Doctor Who may have had a hugely successful TV reboot, but for many fans the definitive Doctor is the fourth one, portrayed by Tom Baker from 1974 to 1981.

Now Baker's take on the regenerating, irascible, time-travelling alien is back in comics, with part one of the five-part Gaze of the Medusa out this week.

It's like the best of the TV show: a creepy story set in Victorian England, and the Doctor's companion is the incomparable Sarah Jane Smith. This is the good stuff, and it really is creepy.

The creators are channelling some of the best of 1970s Doctor Who with the setting, the twists and the action-oriented approach.

If you prefer books to flop-pies, there are dozens of collections available from Titan. For help narrowing it down, look for the writing of Paul Cornell, Al Ewing or Robbie Morrison characters, and the art of Simon Fraser.

The other books cover Doctors Eight to Twelve, which is all the "New Who" plus the version that only had a TV movie and wasn't picked up for an ongoing show, but it's a special pleasure to see Four return.

He was always the best.

BOOKS

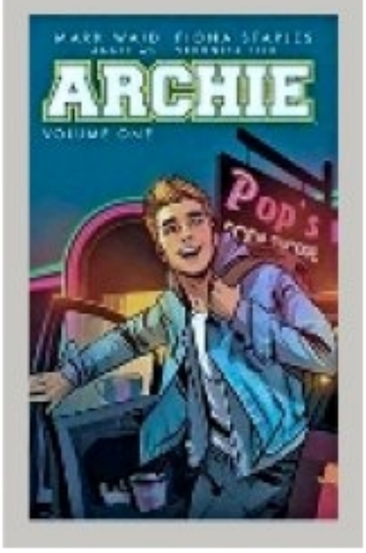
Archie Volume 1
BY: Mark Waid, Fiona Staples, Annie Wu and Veronica Fish
PUBLISHER: Archie Comics

The old gang is back, still as sassy as ever, but somehow... more fresh.

It's the new Riverdale, rebooted and collected in trade paperback.

And it's really fun. It may be an update, but the essential parts are there. Archie is a klutz, Jughead won't stop eating, Betty is impossibly nice and Veronica is possibly a demon given human form.

If you like high school comedy, with a little romance, this is worth a look. MIKE DONACHIE/METRO



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JOHANNA SCHNELLER
WHAT I'M WATCHING

Nora Ephron: voice for women

Nora Ephron wrote an essay on women in Esquire's October 1973 40th anniversary edition. CONTRIBUTED

THE SHOW: Everything is Copy – Nora Ephron Scripted and Unscripted (HBO)

THE MOMENT: The Esquire cover

Filmmaker Jacob Bernstein — Nora Ephron and Carl Bernstein's son — interviews a glittering array (Meryl Streep, Mike Nichols, Barry Diller, Meg Ryan) about Ephron, who died in 2012. He also shows clips of Ephron herself.

In one, she relates how Harold Hayes, the legendary editor of Esquire magazine, offered her a column. "What do you want to write about?" he asked.

"Women," she replied.

Bernstein cuts to the cover of Esquire's 40th anniversary edition, October 1973, which featured its 39 best contributors: Ernest Hemmingway, F. Scott Fitzgerald, Truman Capote, Vladimir Nobokov, Tennessee Williams, Leon Trotsky, etc. Only two are women: Dorothy Parker, and Ephron. I was 11 in 1973, but already I loved Ephron's writing. Everyone did. She was funny, clever, vicious, fearless.

But looking at that cover, it's no wonder we worshipped Ephron, and still do: She was the only one. "Women" is a big topic, and she had it to herself.

The doc tells great stories (Ephron hung with the best storytellers) about why she was the way she was: How her parents' alcoholism stiffened her resolve. How her detachment enabled her to transform her flaws and heartbreaks into material. How her charm and control-freakiness merged to make her a person no one could refuse.

Mainly, though, we witness how fiercely she worked to become and remain a voice for women. If there could be only one, we're lucky it was she.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

On debts and our pets

INVESTIGATION

CBC looks at high cost of keeping animals healthy

Families can spend up to $20,000 or more for emergency vet bills. CONTRIBUTED

When it comes to treating an ailing pet, Toronto veterinarian Dr. Michael Ethier is the first to admit it can get expensive.

As director of emergency and critical care medicine at the Toronto Veterinary Emergency Hospital, he's seen families spend up to $20,000 on their animals.

It may be a hard figure to swallow, but when you break down the costs — from a weeks-long stay in an intensive care unit to surgery and perhaps transfusions or MRIs — it makes sense, he adds.

With Canada's publicly funded health-care system, most people don't realize the exact costs involved in medical treatment, both for humans and animals.

Ethier is hoping the documentary Pets, Vets & Debts, making its world premiere on CBC-TV's The Nature of Things on Thursday, will help clear up such misconceptions.

"There's not a person in veterinary medicine, especially within specialty referral medicine, that will ever say to someone it's not expensive to treat severely ill or complex pets," says Ethier, who appears in the doc.

"What we're hoping is that people understand why it costs more and that sure, in the ideal world we would love that this was similar to human medicine, where there weren't costs passed on to the family members."

Liam O'Rinn wrote and directed the film, which looks at the business of veterinary care and the latest medical advancements for animals, from stem cell transplants to heart stents and 3D printed prosthetics.

According to the doc, Canadians collectively spend more than $2.25 billion annually on vet bills. For Americans, that number is $14 billion.

The doc also looks at the cost of pet insurance, which it says most Canadians don't have.

"Looking into insurance and getting educated on insurance I think is a huge benefit for most families," says Ethier.

"Unless you're in a position to be fiscally responsible and put money aside either before you get your first pet or accumulated over the years of the pet and hope that its illness happens later on where you've developed that nest egg."

$2.25 billion

The amount Canadians collectively spend annually on veterinary bills.

Ethier notes that having an animal is like buying a house or having children: It's a long-term commitment with guaranteed costs over its life span.

"You're not going to get around it," he says. "It's a biological entity. There are going to be things that need to be addressed, whether it's preventatively or therapeutically to fix problems."

Pet owners should also understand that health-care costs for pets will differ according to the level of treatment.

For instance, prices are generally higher at a specialty hospital and when an animal needs an emergency surgery at odd hours.

When a pet owner is unable to pay for treatment, they can either have the animal euthanized or surrender it to a local shelter, provided the prognosis is good.

"That's the biggest frustration for us and for our staff is when we know we can fix an animal, it's just unfortunately that family doesn't have the resources to do it," says Ethier.

THE CANADIAN PRESS

metro HOME
Your essential daily news

Ikea's enigmatic founder, Ingvar Kamprad, turns 90

MEET THE CONDO

Parkside living in Langara West

CONTRIBUTED

Project overview

Langara West brings together the best of city and parkside living in the South Cambie neighbourhood. The project by Vivagrand Developments has 71 units in total. It's currently in the preview stage and is expected to open in late 2018.

Housing amenities

Each home is designed to include nine-foot ceilings, central air conditioning, European Miele appliances and open-concept kitchens. Residents will have many building amenities to take advantage of, including a fitness area and a large patio. There will also be a party room with a kitchen, dining area, TV and lounge.

Location and transit

Downtown Vancouver is less than 30 minutes away by SkyTrain from Langara West. It's also seconds from future amenities such as Canada Line station at Cambie and 57th Ave. and a 60,000 square foot YMCA facility. Major bus routes are also very accessible.

In the neighbourhood

Langara West is in close proximity to shops, ethnic eateries and retail at Oakridge Mall and Marine Gateway. It's also steps away from the Langara golf course, many schools and from walking trails with beautiful views over Winona Park.

NEED TO KNOW

What: Langara West
Builder: Vivagrand Developments
Designer: Area3 Design, W.T. Leung Architects
Location: West side Vancouver
Building: Two six-storey concrete buildings (condo, townhouse)
Sizes: From 589 sq. ft. to 1,999 sq. ft.
Pricing: Starting in the $490,000s
Model: One, two and three bedroom options
Status: Now previewing
Occupancy: Spring/summer 2018
Sales centre: 551 West 57th Ave., Vancouver
Phone: 604-620-7764
Website: langaraliving.com

DESIGN WEBSITES

Harnessing the rich bounty of the Internet

There's Houzz. Remodelista. Home design Twitter feeds. Tumblr accounts. And of course, the granddaddy of all online decor depositories — Pinterest.

It's easy to get overwhelmed by online resources when remodeling or redecorating. Where should you start?

Home design experts and contractors offer the following tips on how to harness the bounty of the Internet for your next project:

Get organized

First, figure out the scope of your project and your goals. Redoing your kitchen, for example, is a lot different and more involved than finding a few natural accents for your living room mantle.

Are you going to do the work yourself? How-to blogs and sites like All Things Thrifty, DIY Network and This Old House are your new BFFs. Looking more for ideas to pass on to a contractor or designer? Head over to Houzz or Pinterest.

Don't overlook retailers though. Paint company websites are an underutilized home-design resource, says New York designer Karen Gray Plaisted.

Find your style

Figure out what you love. Are you a boho-chic kind of girl or do you gravitate more toward the clean, traditional lines of craftsman-style homes?

"To use home-design websites to find your own style, I'd advise you to pin or bookmark photos of every single room you love," says Amy Bell, owner of Red Chair Home Interiors in Cary, N.C. "The more rooms you save, the larger your 'data sample' will be. Once you have collected many images, take a step back and look for common themes that the images share."

Create a project page or board

"Collection" sites like Houzz and Pinterest allow users to create an unlimited number of boards or "ideabooks." Go big and create one board for your entire project, or go smaller with more specific boards like Paint Colours, Accessories, Furniture, etc.

Design it yourself

If you're looking for the ultimate in control, Ikea, Lowe's and smaller sites like Roomstyler let you design your own rooms from scratch with a virtual planner. Type in your room's dimensions, then drag and drop furnishings, windows and other elements where you want. See what your living room would look like with wooden floors. Then tile. Maybe concrete.

Don't like it? Simply press delete. THE ASSOCIATED PRESS

This breakfast nook was designed with the help of the web. DECOR AID

Hidden costs of home ownership

REAL ESTATE

Unexpected expenses can take a toll on your finances

Tanya Enberg

Lindsey Coulter, 37, and husband Mike Lada, 38, took the leap from condo living to home ownership in 2010. They were thrilled with their home — then came the surprise repairs and upgrades. JON NICHOLLS

For renters, buying a first home is an exciting time.

But with the arrival of unexpected costs and expenses not budgeted for the harsher realities of home ownership can quickly kick in.

Sudden pop-up surprises from repairing a leaky roof and paying premium hourly rates for a plumber to fixing an overflowing toilet, painting, updating fixtures, and the cost of furnishing an entire house can make the sweet factor of owning real estate take a rather sour financial turn.

When Lindsey Coulter, 37, and husband Mike Lada, 38, took the leap from condo living to home ownership in 2010, they were thrilled to find a detached house with upgrades on all three floors in Toronto's popular Danforth area.

Initially, they shelled out $3,000 for painting and $15,000 to furnish the space, upgrades for which they planned.

Then came the first of several surprises.

"Two months after we moved in, the city came to upgrade the water supply," recalled Coulter.

"To connect into the house cost us an unplanned $2,500."

Soon after that they discovered a small leak coming from a cracked pipe behind their newly painted basement walls.

"We were washing something using the exterior hose and when we came back inside, we discovered one of the interior walls soaked and warped from the pressure of the flowing water," she added.

They hired a plumber to replace the pipe, however, to save cash, Lada and a friend learned how to drywall and paint watching a YouTube video and completed the finishing touches themselves.

The couple coasted for a while. In 2012, they welcomed twin daughters, Emma and Grace, and settled into family and home life.

Then came a basement flood in 2015, after a massive snowfall began to thaw.

"This forced our family to move out of the house for two weeks and cost $5,000 to fix," Coulter recalled. In time, they also had to replace a dishwasher and the laundry machine.

"Any new homeowner should just anticipate that appliances can really wear out at any time, usually immediately after the conclusion of the warranty," Coulter said.

Sandra Rinomato, a real estate broker known for her role hosting the popular TV show, Property Virgins, says it's important not only to budget for the extra cash demands that come with owning a home, but also the cost of your lifestyle.

"Understand what you spend," said Rinomato.

"Forget about what you're getting. Forget about how much you earn. Those are two great numbers, but what do you actually spend? Are you the person who says 'I am going to stop shopping at Saks' and then find you're depressed because you can't shop at Saks or pay for those facials? Whatever makes you happy, whatever makes your heart sing, how much does that cost? Budget for it. You can actually have a life and own a home. It is possible."

Home seekers may discover their dollar doesn't stretch very far and may need to scratch some items off their wish list.

"If you don't have deep pockets and you're not going in to renovate and strip it down to the studs, then you really do have to look at the mechanics, look at the layout, look at the things you can't change, or can change but it costs money," Rinomato said.

Mortgage terms that buyers should know

Before you dive into a mortgage, make sure you have a full understanding of the relevant lingo. ISTOCK

When it comes to mortgages, borrowers don't always have a good working knowledge of the relevant lingo, according to a January study by D+H Consumer Mortgage.

Read on for some key terms you should know.

Portable

Only 43 per cent of new mortgage holders surveyed by D+H knew this term. If your mortgage is portable, you can transfer it from a property you've sold to a newly purchased property. Why does that matter?

"Let's say you take a five-year mortgage out on your condo and after three years you get married and you want to sell the condo and buy a house," said David Fleming, of torontorealtyblog.com. "If you're not allowed to port that mortgage, you're going to have to pay a penalty. And that penalty can be substantial."

High ratio

Almost half (49 per cent) knew this term. If you have less than a 20 per cent down-payment, you'll have to buy mortgage insurance through the Canada Mortgage and Housing Corp. (CMHC), Genworth or Canada Guaranty.

The insurance comes in the form of an up-front fee of 1.75 to 3.85 per cent or your home's purchase price, depending on your financial circumstances. But this insurance isn't meant to protect you. Instead it protects the lender against the possibility you'll default on your loan, said RE/MAX West real estate agent and one-time lawyer Brian Madigan.

If you can beg, borrow or steal (OK, maybe not steal) enough cash, to put 20 per cent down on a "conventional mortgage" you should do it, he advised.

Rate hold

Only 55 per cent knew this potentially helpful term. With a rate hold, the lender guarantees a specified interest rate for a set period of time — usually two to four months. Even if interest rates go up, you'll get that lower rate. Even better, you're not locked in; if interest rates drop, you can negotiate a lower rate.

Amortization

Fully 81 per cent recognized this term referring to the schedule for repaying a mortgage over a fixed period of time. The longest amortization period allowed is 25 years.

Closed-term mortgage

Familiar to 84 per cent of respondents, most mortgages are closed, meaning you make payments on a set schedule (although you may be allowed to make extra payments or lump sum payments at set intervals without penalty). In contrast, you can pay an open mortgage off as quickly as you wish, with no penalty.

So that's better, right? For most people it's not, said David Larock of TMG The Mortgage Group. The reason: you'll pay a price for the flexibility of an open mortgage – often an extra 1.5 per cent in interest.

Pre-approval

About 86 per cent of respondents knew this term, which means a lender has made an actual commitment (subject to conditions such as a property valuation) to loan you money.

Lenders generally ask for two years of income tax returns, T-4s and other documentation, said Fleming.

Once you have pre-approval, you can shop for a house with confidence. CAMILLA CORNELL

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Protecting your most valuable asset

THE RIGHT COVERAGE

Everything you need to know when choosing home insurance

Camilla Cornell

If you plan on becoming a homeowner, you'll need insurance for protection. It's traumatic enough to have a tree branch crash through your window or a fire ravage your house, without having to worry about how you'll pay for the repairs. And, whether your insurer will come through in a pinch. "Even small disasters can be challenging for people," said Pete Karageorgos, a director of consumer and industry relations for the Insurance Bureau of Canada. That's why it's important to choose your homeowner's insurance policy carefully and read the fine print. Here's what to look out for.

Get the broadest coverage possible
Just as General Motors makes Chevrolets, Cadillacs and Buicks — all with different features and benefits — most insurers offer a number of different options for homeowners, said Karageorgos.

Think of the "all-risk" policy (also called comprehensive) as the Cadillac of the options with the most bells and whistles. It protects you against anything that is not specifically excluded in the policy.

In contrast, the "named perils" (standard or basic) policy is generally cheaper, but covers you only for the specific events or perils listed in the policy.

The "broad form" policy is a middle-of-the-road version that generally combines all-risk coverage on the building, with 'named perils' coverage on the contents.

All three policies will protect you in the case of fire, personal liability, or theft, for example, but you're better off with an all-risk policy, because you can't always predict the type of damage that is going to occur to your home. "If there's a power surge and your television gets fried, a basic policy might not cover that because it may not be specifically one of the named perils," explained Karageorgos, "whereas, a comprehensive policy would."

Read the fine print
Even all-risk policies come with a list of exceptions on coverage, as well as caps on payments for specific categories (such as electronics or jewelry). You'd be wise to sit down with an insurance professional and compare several policies in terms of the coverage and caps, as well as the deductibles. "Some insurance policies have different limits for sewer backup coverage," he said. "If you have a finished basement you might want the higher limits and more coverage than someone whose basement is unfinished."

What's more, even comprehensive policies have a list of exclusions — things that are not covered under the policy. Commonly those include intentional or illegal acts (like burning down your own house), damage caused by raccoons, termites and other vermin, and wear and tear.

"Typically you see the words 'sudden and accidental' in a policy," said Karageorgos. "So, if a tree branch falls down and breaks through your window you're covered. But if the window breaks because the caulking hasn't been applied and water seeps inside over time, it's a maintenance issue."

Protect expensive items separately
Insurance companies generally divide your belongings into categories and limit payments for each. There might be a $2,000 limit on jewelry, up to $10,000 for silverware, $300 for money and gold bullion, and $2,000 for software. If you have expensive items — whether art work, musical instruments or even bicycles — you might want to check on the coverage limit. You may well be able to pay extra for a 'rider' that will bump up coverage for those items, said Karageorgos.

It pays to shop around
Home insurance is not a government-regulated product, so you'll find tremendous variation, both in the prices you'll pay for it, and in the extent of coverage you get. Comparison sites such as lowestrates.ca and insurancehotline.com do some of the legwork for you. But make sure you're comparing apples with apples in terms of the coverage you get.

Document your stuff
Document what's in your drawers and keep receipts and manuals for big-ticket items like TVs and electronics, Karageorgos recommends. Otherwise you're apt to forget what you had when it comes time to make a claim. "No matter what policy you have, we always recommend keeping track of what's in your house," he said.

Disasters large and small are challenging to deal with, so make sure you're properly insured. ISTOCK

A few common myths might keep you from maximizing your profits. ISTOCK

Selling your home: fact from fiction

Many homeowners are not aware of the position of power they're in when it comes to selling a home, according to Sharn Kandola, co-founder of real estate website feeDuck.com.

Here are some common myths and misconceptions that might keep you from maximizing your profits.

Myth 1: You can't negotiate fees with a real estate agent
Wrong, said Kandola: "The rules are really up to the individual agent." Across the country, the standard commission rate for a full-service brokerage (which handles all aspects of selling your home from the open houses to marketing and paperwork) is five or six per cent, split between the seller's agent and the buyer's agent.

But that fee isn't written in stone. When Kandola and three neighbours met at a barbecue and compared notes on what they paid in commissions to buy and sell their properties, they found a range of three to six per cent. "When you do the math, you could be paying $20,000 or more than your neighbour," said Kandola.

Since not everyone is comfortable negotiating a lower fee, feeDuck puts the ball in the realtor's court by launching a sort of reverse auction for the homeseller's business. Sellers post a few key details about their home (postal code, type of structure, number of bedrooms, etc.) on feeDuck's website and real estate agents compete for the listing by bidding down their commission rate.

Myth 2: Once I sign on with a broker I'm locked in
That too is negotiable. Typically agents have agreements that lock you in as a client for three months to a year, said Kandola.

Myth 3: It's as much in my realtor's interests as mine to get the highest price for my home
Not really. It's true that, in conventional arrangements, agents get a percentage of the sale price. Still, most would prefer to sell your house fast and pocket less.

Why? Let's say you hold off on taking the first offer that comes along because you believe you can get at least another $10,000 for your home. That's a substantial amount of jingle in your pocket, but your real estate agent (as the seller) will get only about 2.5 per cent of the amount — a piddling $250. He'd rather get that home sold. The upshot: don't be pushed into taking an offer you think is too low.

Myth 4: It's OK for one agent to represent both seller and buyer?
It may be legal, but is it advisable? As the seller's agent, your duty to your clients is to get the highest price for their home, but if you're representing the buyer as well, you have a competing duty to get the lowest price for the property.

"You're wearing two hats," said RE/MAX real estate agent Brian Madigan.. "It's like a lawyer representing both sides in a divorce case."

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LIVE IN FAMILY-FRIENDLY METROTOWN

Burnaby is growing, and so are the families that live there.

This May, a beautiful new collection of townhomes by Bucci Development are set to launch sales near Metrotown — perfect for growing families who want to be near a hub for amenities, entertainment, sports and recreation.

Villo Metrotown is a collection of 45 townhomes now under construction at 7039 Macpherson Avenue in Burnaby, an easy walk from Royal Oak SkyTrain Station and Metropolis at Metrotown mall.

The two- and three-bedroom homes at Villo will come in one, two and three-and-a-half levels, flexible to suit families of many sizes and needs, with plenty of private outdoor living space, and a central courtyard.

Nearby Bonsor Recreation Centre provides some of the best facilities in the city, with lots of great activites to take part in. With swimming, gymnastics, badminton lessons and more, Bonsor has it all.

The centre also holds many seasonal events for families and people of all ages, including fun and inclusive Easter, Halloween and holiday events.

Once the kids are in class at Bonsor, pop into Metrotown next door and check out the more than 450 stores with everything on offer that you'll need.

Get your groceries at the Real Canadian Superstore or T&T Supermarket, browse for clothes or homewares at the shops throughout Metrotown, or relax with a hot drink and a pastry at one of the local cafes.

When you're looking for green space and outdoor fun, visit Burnaby's beautiful, 86.4-hectare Central Park, located just a three minute-trip away by SkyTrain from Villo Metrotown.

The park includes many winding pathways through its tall trees, and is home to playgrounds, an outdoor swimming pool, a pitch-and-putt golf course, tennis courts and Swangard Stadium.

The Villo Metrotown project is already under construction, and will be ready for possession in early fall of 2016, offering a selection of quality homes for your growing family.

Sales launch this May, Register online for the latest insider updates at bucci.com/villo.

CONTRIBUTED

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EXPRESS YOUR PERSONAL STYLE

Main Street is an envied arts and culture hub. For Vancouverites looking for a home that reflects a freedom of self-expression, Ellsworth is a collection of just 89 homes by Chard Development, coming soon to Main and 7th.

With refined and sophisticated interiors designed by BBA Design Consultants, homes at Ellsworth present the perfect blank slate for residents to make their own, whether they prefer home décor from nearby Vancouver Special, vintage finds from A Baker's Dozen Antiques or DIY art with finds from Urban Source.

Homes range from studios to three-bedrooms and start at $339,900.

The quality in Ellsworth's interiors comes through in subtle details. The fully-integrated Fisher & Paykel kitchen appliances include a gas cooktop for chef-calibre meals and hidden dishwasher drawers for easy cleanup. The one-piece quartz backsplashes and kitchen countertops create a beautiful and useful workspace.

The bathrooms are a place to unwind, with spa-like features that include stunning, marble slab countertops. Luxury comes standard with heated floors and frameless glass showers that include both handheld and rain shower heads.

The building's double-height lobby creates an immediate sense of sophistication with its warm mahogany wood and polished white millwork. Ellsworth's common areas will include curated custom artwork, including fine art by local artist Martha Sturdy.

The entire building was created to inspire creativity. The 10-storey concrete structure will be a fine example of modern, staggered architecture. The result is expansive exterior living space and spectacular views of the Vancouver skyline and North Shore Mountains.

Welcome to historic and thriving Main Street

Perched above Mount Pleasant's steep rise overlooking Olympic Village and downtown Vancouver, Ellsworth is the perfect home base from which to explore the Main Street neighbourhood.

Just outside your front door, you'll find a plethora of shops, services, art and culture.

Enjoy dining out? Brunch is an official pastime in Mount Pleasant. The choices range widely from home-style to high-end at places like Burdock & Co., The Whip, Dock Lunch, Lucy's Eastside Diner and many others.

If you love beer, Main Street is the place to be. Residents at Ellsworth have easy access to many breweries, including Brassneck, 33 Acres and Main Street Brewing.

If you'd rather have a cocktail, the many restaurants and bars in the area offer an impressive roster of modern and classic cocktails.

Art lovers gravitate to Main Street. When you're looking for a place to see some art or take in a show, Ellsworth is the perfect starting point, with local galleries walkable nearby featuring local and international artists.

The nearby Mount Pleasant Community Centre and Vancouver Public Library host a wide and ever-changing selection of arts, culture and recreation programs for the community.

Looking to explore outside your Mount Pleasant neighbourhood? Ellsworth offers exceptional access to public transit and an enviable location that is mere minutes from Olympic Village, Chinatown, downtown Vancouver and Gastown, among other destinations.

For more, visit ellsworthvancouver.com.

A BUILDING WITH PERSONALITY

At Ellsworth, enjoying the abundance of Mount Pleasant restaurants, shops and services is easy. But thanks to a host of enviable common amenities, staying at home is just as much fun.

If you're looking to get outside to meet neighbours or entertain friends, you don't need to venture farther than Ellsworth's rooftop terrace. The 3,500-square-foot space boasts expansive views of the city skyline, English Bay and the North Shore Mountains beyond. Even better, the rooftop terrace includes dual barbecues and an outdoor kitchen, a covered dining area and a conversation area with fire pit. There are even garden plots and a children's play area.

On the second floor, a spacious gathering lounge includes a kitchen, bistro seating, a dining area and a terrace for entertaining. You can even enjoy a movie with friends on the large-screen TV.

Residents with canine companions can make use of the handy dog wash station, which features both hot and cold water supply — great for getting clean after a muddy afternoon in the park.

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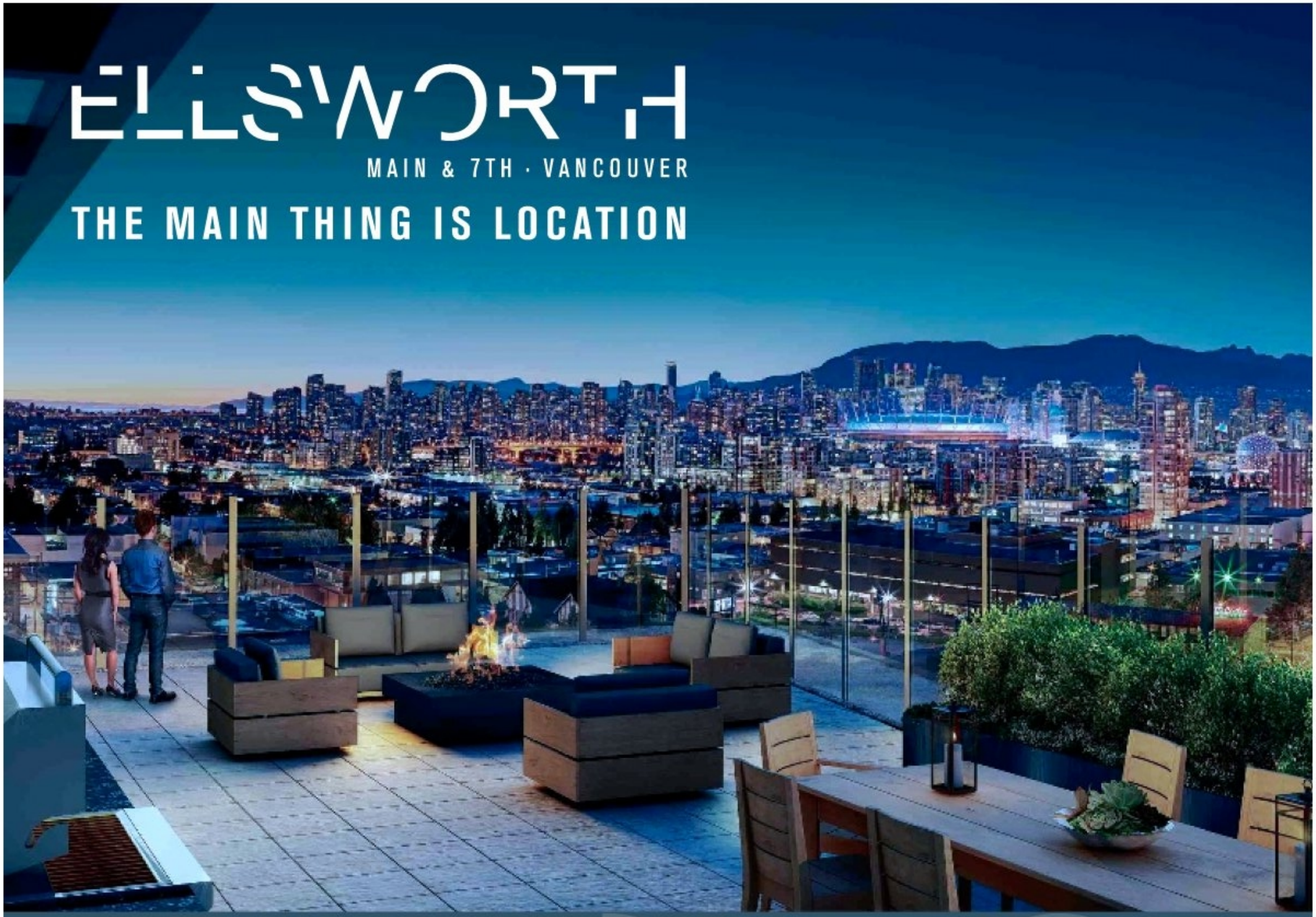
Bike lovers will appreciate the easily accessible bike storage and the maintenance bench for your next tune-up.

And when it comes time to venture beyond Ellsworth, getting around is a cinch. Main Street is a central hub whether you're traveling by car, public transit, bike or on foot. You're only minutes from the best of Vancouver regardless of your means of transportation.

ELLSWORTH

MAIN & 7TH · VANCOUVER

THE MAIN THING IS LOCATION



89 HOMES STARTING FROM $339,900

Perched atop Mount Pleasant's rise at the corner of 7th and Main, Ellsworth is a sophisticated take on Mount Pleasant's hip, urban vibe. This boutique collection of 89 thoughtfully-crafted homes combines striking architecture with expansive views. A vast 3,500-square-foot rooftop terrace complements refined interior finishes. The latest addition to Chard's portfolio of award-winning homes, Ellsworth is truly a step above.

REGISTER TODAY AT ELLSWORTHVANCOUVER.COM

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XXX-PHOTO-CREDIT-XXX

Sometimes renting a home can be just as good as buying.

When you're renting at BlueSky Chinatown, a brand new rental building in Vancouver's historic Chinatown built by BlueSky Properties, part of the Bosa Family of Companies, you'll be paying rent and saving for your down payment at the same time.

The BosaEQUITY plan helps renters save up for a down payment to buy a Bosa or BlueSky home in the future.

"It can be a tough market and many people need all the help they can get to buy a place," says Dylan Jackson of Bosa Properties. "We want to help our renters get a leg up if they're looking to buy with us in the future."

In the BosaEQUITY plan, 15 per cent of your rent is automatically saved. If your rent is $1,600 per month, every month the BosaEQUITY plan saves $240 on your behalf. After 24 months that's $5,760 in equity. Bosa Properties or BlueSky Properties will credit BosaEQUITY homebuyers up to a maximum of three per cent of the new home's price.

There's lots to appreciate about Chinatown by BlueSky. Its location, beautifully appointed interiors and pet-friendliness are major pluses for anyone looking for a place to rent in Vancouver.

"So many rentals are not pet-friendly, but we welcome pets here," says Jackson.

The building has studio, one-bedroom and two-bedroom homes available to rent now, starting at $1,195 per month.

Say hello to Vancouver's premiere rental opportunity.

Centrally located in one of Vancouver's coolest neighbourhoods, BlueSky Chinatown is steps from some of the city's best restaurants, shopping and cultural sights. If that's not enough, here are more reasons to rent at BlueSky Chinatown:

- Brand new apartments with quality finishes and incredible views
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**See rental associate for details*

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BlueSky PROPERTIES | CHINATOWN

BlueSky Chinatown is developed by Bosa Blue Sky Properties (Main) Inc. Renderings and features subject to change. See rental associate for details.

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Fresh air on the riverfront

There's nothing like starting fresh. For homebuyers in the Lower Mainland, New Westminster is a great place to create a new beginning, according to Jenn Koole, sales manager of RiverSky, a new collection of two condominium towers located on New Westminster's Esplanade Boardwalk, near the city's iconic River Market.

"In New Westminster the real estate prices are some of the most affordable you'll find in Metro Vancouver," says Koole. "Buyers have seen the opportunity here, and the interest is palpable at RiverSky. We've had great success with our two-bedroom, one-bathroom city-view plan lately, selling 15 units just this month as buyers recognize the value of the particular plan."

RiverSky has just a handful of these popular two-bedroom plans still available for less than $399,900.

"You get all the benefits of a bustling, historic downtown here — with a waterfront view," she says.

The appealing, luxurious and affordable one-, two- and three-bedroom homes at RiverSky were a major reason the RiverSky community was one of the fastest-selling developments of 2015.

The interiors of the homes are well-appointed and welcoming. Residents will appreciate high quality finishes including quartz countertops, undermount sinks, and integrated and stainless steel appliances. It's quality that buyers have come to expect and trust from Bosa Properties, RiverSky's developer.

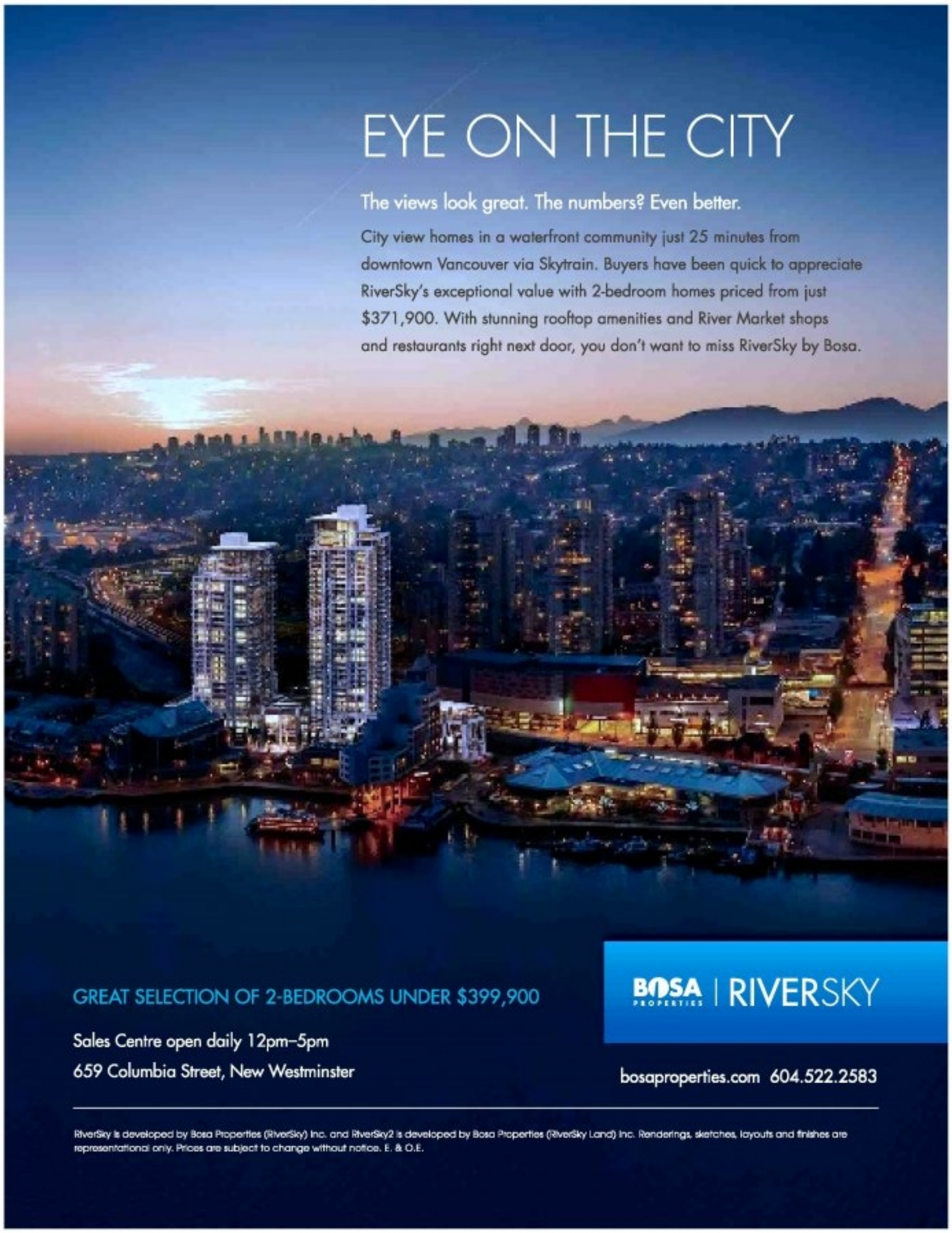
In New Westminster, B.C.'s first capital city, the history runs deep, but there's also a strong sense of progress and ambition thanks to the city's investment in infrastructure and urban renewal, including the shops at New Westminster SkyTrain Station, and the state-of-the-art Anvil Centre.

The area's boutique shops and eateries make it a great neighbourhood to hang out in. Whether you're shopping for a gift, going out for a coffee with a friend, or treating yourself to something at one of the local boutiques, you'll find it all within a 10-minute walk of RiverSky.

RiverSky is conveniently located within reach of major roads and public transit routes, so it's incredibly accessible to anywhere in the Lower Mainland residents need to travel.

New Westminster SkyTrain Station is just across the street from RiverSky, and can take residents to downtown Vancouver in just 30 minutes.

At RiverSky, the city is at your fingertips.



Keep your home safe from water damage

There are a few things homeowners should be aware of to protect their home, and water damage is among the most important.

Water damage accounts for about 60% of home insurance claims, says Jonathan Willoughby, senior manager of underwriting at BCAA.

"It's not uncommon for a water-related incident to cost $15,000 or more," Willoughby says. "It also causes considerable inconvenience and disruption to the household."

Luckily, most water damage incidents are preventable. Here's how to lower your risk.

Know how your water supply works
Learn how to shut off your water properly if you have an incident, such as a burst pipe. Find out where your main water shut-off valve is located, and how to close it.

Inspect regularly
Once every few months, clear your drains of debris and inspect the pipes around your home to see if they're deteriorating or leaking*. Obtain the services of a qualified plumber to ensure the integrity of your plumbing system and invest in any upgrades following the recommendation of the expert.

Maintain your water tank
Get your hot water tank professionally maintained annually to ensure it's in good working order. When it's getting toward the end of its life expectancy, replace it before it fails.

Replace any rubber hoses on washing machines with braided steel ones
Braided steel hoses are more resilient, longer lasting and very affordable. Inspect appliance hoses every three to five years to detect early warning signs of failure, and replace them as necessary. To further mitigate your risk, do not run your appliances when you are not at home.

Understand your insurance coverage
Make sure you know what your policy covers. Coverage is typically limited to sudden and accidental water escape. Certain substantial risks like sewer back-up or roof leaks may not be covered without additional protection. Speak with a licensed insurance agent to make sure you have the right protection for you and your home.

Visit bcaa.com for more information on home safety, and to make an appointment with a licensed insurance agent.

ISTOCK

*Home insurance is sold through BCAA Insurance Agency and underwritten by BCAA Insurance Corporation. Exposed external plumbing is not covered.

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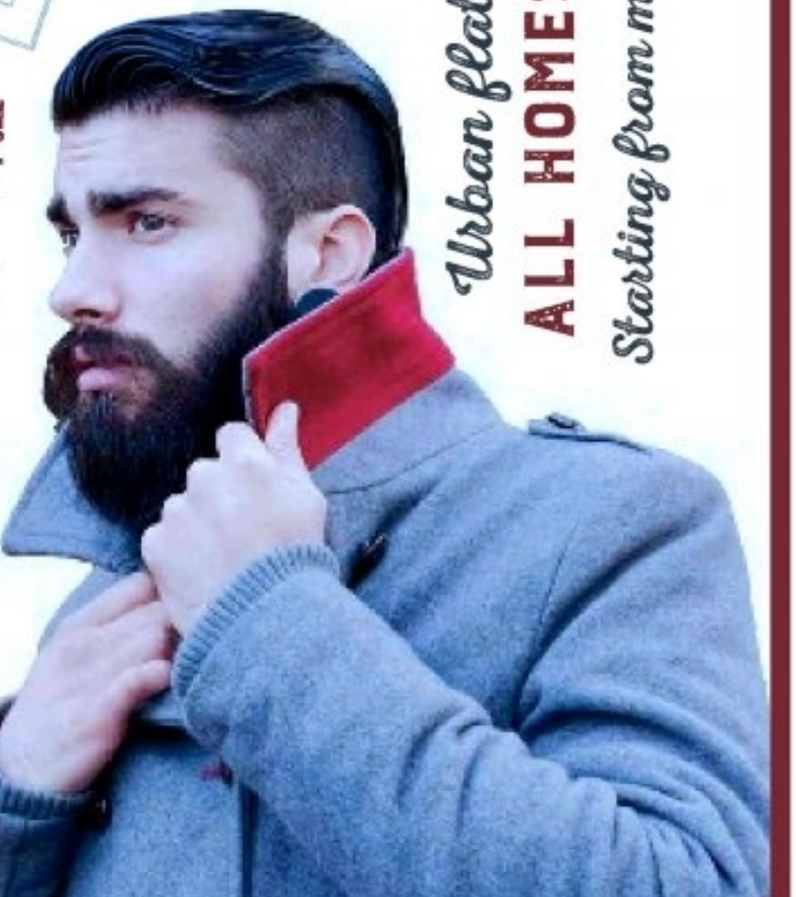

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TIEN SHER HOMES

FIFTH AVE

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Affordable new homes within reach

Is that beautiful home you've envisioned within reach in Metro Vancouver?

There are a rare few places in Metro Vancouver for homebuyers who are looking for a beautiful place to live at a price they can afford.

The Burquitlam Capital, a new development near the soon-to-open Burquitlam SkyTrain Station, is one of them.

The development will unveil its presentation centre in April, and will offer condominium homes at incredibly affordable prices, starting at just $197,900 for a one-bedroom.

Burquitlam is the last new community to be built around a new SkyTrain Station, says John Gilmour, vice president of marketing and development at Magusta Development, the developer of The Burquitlam Capital. "At The Burquitlam Capital, you'll have a beautiful, convenient place to work, live and play, all affordable and with easy access to Metro Vancouver."

The Burquitlam Capital will be located just 200 metres from the new Burquitlam SkyTrain Station.

The station is positioned along the new Evergreen SkyTrain line, an 11-kilometre-long addition to Vancouver's growing SkyTrain network that is set to open in early 2017.

The Evergreen Line's seven stations will connect the major hubs of Coquitlam City Centre and Lougheed Town Centre, with stations through Port Moody and other community hubs along the way. Burquitlam SkyTrain Station will be one of those hubs. The station was designed intentionally to add aesthetic beauty and usability to the community. Its glass and high-ceiling design is meant to be bright, inviting and safe for all residents.

Those traveling to Simon Fraser University and other bus destinations will be able to simply and easily hop on at the bus station, located adjacent to the SkyTrain.

The speed of travel this new transit hub will bring is set to revolutionize transportation in the region, says Gilmour.

"Burquitlam SkyTrain Station has been designed to create convenient and efficient transportation for everyone in the community," he says.

For those who arrive by car, the station includes passenger pickup and drop-off spaces. Bike racks and bike lockers are also planned next to the station, so cyclists can safely park and ride. The open, pedestrian-friendly walkways around the station ensure that those who walk to the station can get there with ease.

No matter how residents of The Burquitlam Capital get to the SkyTrain, they will be able to access the state-of-the-art community amenity simply and easily.

"This is the homebuyers' chance to find a home in a new community that is on the verge of blossoming," says Gilmour. "The time to invest here is now."

A dynamic place to live in Burquitlam

Burquitlam is the perfect community for first-time buyers, downsizers and students.

The price point at The Burquitlam Capital was designed to allow many different types of people to get into the local market, fostering a thriving, diverse community.

"We're opening up the playing field," explains John Gilmour, vice president of marketing and development at Magusta Development, the developer behind The Burquitlam Capital. "You can get a two-bedroom home here for the price of a one-bedroom in most other places in Metro Vancouver."

The 193 homes at The Burquitlam Capital were designed to be extremely efficient with features including linear kitchens with islands, nine-foot ceilings and efficient storage, Gilmour explains. More details about the homes' design and their considered features will be released soon.

The 23-storey development's one-bedroom, two-bedroom, two-bedroom-and-den, three-bedroom apartment-style condos and four-bedroom townhouses will cater to people with many different needs from all walks of life, creating a rich community within the building itself.

Views from the homes will extend over Burnaby Lake, with panoramas of the cityscape and North Shore mountains.

On the ground floor, The Burquitlam Capital will be home to more than 10,000 square feet of commercial space, with shops and services right at residents' fingertips.

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BECOME PART OF THE COMMUNITY

Burquitlam is a strong, vibrant neighbourhood with a strong sense of place. You'll be a part of that at The Burquitlam Capital.

Burquitlam Plaza, a shopping area adjacent to the Burquitlam SkyTrain Station is a community hub for diverse shops and services, providing The Burquitlam Capital residents with conveniences close to home.

Residents will enjoy the area's many opportunities for recreation. Coquitlam City Council just announced that a new community centre will be built a just two blocks away from The Burquitlam Capital.

When you want to enjoy the great outdoors, the surrounding area is also rich with more than 80 parks and green spaces — perfect for getting your exercise and fresh air.

THE BURQUITLAM CAPITAL

That Last Great Place

COMING SOON

1 BEDROOM HOMES FROM JUST $197,900

THAT LAST GREAT PLACE TO CALL HOME

Now that Lougheed, Burnaby and Port Moody have been extensively developed and housing prices seem beyond reach to many, there is still one great place to live: Burquitlam. Located just on the border of Burnaby and Coquitlam, Burquitlam is the last community to be developed with its own SkyTrain station. And at the heart of it all, less than a three-minute walk from the new Burquitlam SkyTrain Station, is The Burquitlam Capital: that last great place to call home, where everything you've been searching for is finally within reach.

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Elevated style to enjoy your surroundings

Elegance is perennial and your home should be no exception.

When you're looking for a home, it's crucial to find something that reflects your esthetic sense.

"Whatever your style, it's so important to enjoy the surroundings you've created for yourself in your home," says Matthew McClenaghan, the Director of Sales at Milano. "A major part of that is choosing the right place to live that will feed your soul."

Timeless elegance and beauty were built into 24 new private collection homes in Milano, a new collection of 176 tower homes in Burnaby's burgeoning Brentwood area.

The two-bedroom homes range up to 1,370 square feet and are priced from the high $600,000s.

Located in the heart of a fast-growing urban centre near Brentwood SkyTrain Station, Milano is perfectly positioned to give its residents the life they're looking for — inside the home and out.

IT'S SO IMPORTANT TO ENJOY THE SURROUNDINGS YOU'VE CREATED FOR YOURSELF IN YOUR HOME. A MAJOR PART OF THAT IS CHOOSING THE RIGHT PLACE TO LIVE THAT WILL FEED YOUR SOUL.

– Matthew McClenaghan, the Director of Sales at Milano

Milano's Private Collection homes offer high style the moment you walk through the door.

Whether you're just coming home from work or you're welcoming guests to your next fete, make a grand entrance through the custom riff-cut white oak, 7'6" suite entry doors, featuring brushed-gold accents for an extra luxurious feel.

Feel the size of the space with the over-height 7'6" flat-slab interior doors throughout the home. Ceiling heights reach up to a lofty 9'3". In the kitchen, residents will enjoy the polished, dual tone cabinetry and the premium appliance package.

The spacious outdoor balconies and terraces invite you to relax and enjoy the outdoors from the comfort of your home.

The chevron patterned engineered hardwood floors provide visual interest and sophistication underfoot.

Milano's exterior is equally stunning. The stacked columns and grand, three-storey lobby imbue the concrete and glass tower with an air of distinction.

Throughout the building, residents are welcome to take advantage of the many amenities on offer for their enjoyment, including the signature Solterra outdoor movie theatre, putting green, and a gym with steam room, hot tub and change areas. The residents-only amenities room includes a kitchen and lounge areas for your private use.

metro SPORTS

Toronto's Kaitlyn Weaver and Andrew Poje, from Waterloo, Ont., are fourth after the short dance at the world championships in Boston

UBC football standouts strut their stuff at Pro Day

PROSPECTS

Scouts from the CFL and NFL head to T-Bird Stadium

Cam Tucker
Metro | Vancouver

When it comes to football, you can say Quinn van Gylswyk got a late start.

It wasn't until he was 18 years old, after he graduated from Spectrum Community School near Saanich, B.C., that he says he began playing the sport.

Yet under the spring sun on a gorgeous Wednesday morning in Vancouver, van Gylswyk and teammate Terrell Davis had their 'Pro Day' — a work out session in front of scouts from the CFL's Toronto Argonauts and B.C. Lions, and NFL's Seattle Seahawks and Oakland Raiders — at Thunderbird Stadium at the UBC campus.

Van Gylswyk, from Victoria, grew up playing soccer, but he credits his father with suggesting he play football after seeing the power he possessed in his kicking leg.

"I'm not looking back to see what if I didn't do this. I'm glad I took the chance," said van Gylswyk, who played junior football for the Westshore Rebels before making the move to the UBC Thunderbirds in CIS.

Quinn van Gylswyk celebrates after kicking the game winning field goal against the Montreal Carabins in the Vanier Cup in late November in Quebec City. MATHIEU BELANGER/THE CANADIAN PRESS

In the 2015 CIS championship game, van Gylswyk not only punted for an average of 41.2 yards (his season average was 43.3, which was seven yards more than the average of his opponents), but he was perfect on four field goal attempts, including the winner with no time remaining on the clock in the fourth quarter, giving UBC its first national title since 1997.

> **He's got the leg to kick as a pro.**
> Geroy Simon on Quinn van Gylswyk

After going 40 for 49 on field goal attempts this year, good for 81.6 per cent and his longest from 47 yards, van Gylswyk's big boot has grabbed the attention of professional scouts, too.

Like most young players transitioning from college to pros, getting the most out of those raw skills on a consistent basis will be the key for van Gylswyk, said Geroy Simon, director of CIS scouting for the Leos.

"He's got the leg to kick as a pro."

Scouts also got a look at linebacker Terrell Davis, a graduate from Mt. Douglas Secondary in Victoria who also attended Arizona State University.

Davis was originally a running back, but converted to linebacker on the defensive side of the ball, where he flourished with 63 individual tackles, 5.5 sacks and two interceptions this past season.

"To be a running back, you've got to be pretty athletic and so the transition over to linebacker wasn't too hard. It's just learning the schemes and different techniques at the linebacker position that was difficult at the start," said Davis.

"Honestly, I just like hitting people on defence. It's a lot easier giving the hits than taking the hits. You last a little bit longer in the league that way."

That versatility in his game could help his draft status, especially because those athletic abilities for the running back and linebacker positions could be used in special teams, as well, said Simon.

"The saying in pro football is the more you can do keeps you on the team," said Simon.

Rookie Jake Virtanen has seven goals and six assists in 51 games. DEREK LEUNG/GETTY IMAGES

NHL

Virtanen handed 2-game ban

Vancouver Canucks rookie forward Jake Virtanen has been suspended two games for what the league deemed a "late, violent check" on San Jose Sharks defenceman Roman Polak during Tuesday's game.

Virtanen, 19, had a hearing with the league on Wednesday, and was handed the suspension later in the afternoon.

The incident occurred in the second period of Tuesday's game at Rogers Arena. Polak had moved the puck up the ice well before Virtanen caught the unsuspecting blue-liner with the hit.

Polak was slow to get up off the ice but did remain in the game. Virtanen was given a major penalty for interference and a game misconduct.

"What elevates this hit to merit supplemental discipline is its extreme lateness and the predatory nature of the hit," stated a league official in a video explanation of the suspension.

"Polak has no reason to anticipate being hit this long after moving the puck. This is not a case in which a player finishes a check initiated while his opponent still has the puck. Virtanen has ample time to avoid, or at the very least, minimize this hit once he recognizes that Polak is no longer in possession of the puck.

"Instead, approaching from the blindside, Virtanen veers sharply into Polak with force, delivering a violent hit well outside the acceptable time frame to deliver a check."

On a nine-game losing streak, the Canucks head out on the road for two games in California. They're in San Jose on Thursday and Anaheim on Friday.

CAM TUCKER/METRO

IN BRIEF

Senators return to winning ways on road versus Jets

Alex Chiasson and Zack Smith scored for the Senators as Ottawa snapped a four-game road losing streak with a 2-1 victory over the Winnipeg Jets on Wednesday night.

Winnipeg's third period equalizer extended point streaks for Mark Scheifele and Blake Wheeler to five and six games, respectively. Scheifele added to his team-leading goal total with his 26th of the season with Wheeler assisting on the play.

THE CANADIAN PRESS

Chan solid in worlds opener

Canada's Patrick Chan took his first step toward a fourth world championship medal at the world figure skating championships.

The three-time world champion, who is making a comeback after an 18-month competitive break, finished 94.84 points in Wednesday's short program in Boston.

Defending world champion Javier Fernandez of Spain finished with 90.74 points.

THE CANADIAN PRESS

Raptors hit 50-win plateau

The Toronto Raptors have won 50 games for the first time in franchise history.

The Raptors reached that mark with a 105-97 win over the Atlanta Hawks on Wednesday evening.

THE CANADIAN PRESS

McGregor, Diaz to meet again at 170 pounds

Conor McGregor is getting a rematch with Nate Diaz at UFC 200 in July.

The promotion also announced Wednesday that Jose Aldo and Frankie Edgar will meet for the interim featherweight title on the same card.

Diaz beat McGregor by submission in the second round of a welterweight bout March 5 at UFC 196, one of the most lucrative pay-per-view shows in mixed martial arts history. They'll meet again at the 170-pound welterweight limit.

THE ASSOCIATED PRESS

Breaking in and breaking out

When it comes to the next generation of baseball stars, another wave of shortstops is forming on the horizon. A couple of swinging oufielders and some tough lefties are coming, too. Check out these major league rookies in 2016...

Corey Seager, SS 1
(LA Dodgers)

The sweet-swinging North Carolina native is one of the favourites for NL Rookie of the Year after an impressive debut in the final month of last season. Seager hit .337 with four homers and 17 RBIs in 27 games with Los Angeles, and then went 3 for 16 in the Dodgers' division series loss to the New York Mets.

Steven Matz, LHP 5
(New York Mets)

The second-round pick in the 2009 draft brought his electric stuff to the majors last year and went 4-0 with a 2.27 ERA in six starts, returning from a partially torn muscle in his upper back to help New York win the NL East for the first time since 2006. Matz, who turns 25 in May, also had a 3.68 ERA in three playoff starts.

Trevor Story, SS 2
(Colorado Rockies)

With Troy Tulowitzki now at home in Toronto and Jose Reyes on paid leave while facing domestic violence charges, the 23-year-old Story made a strong bid for the starting shortstop job in spring training. He had 20 homers and 80 RBIs over two minor league stops last year.

Aaron Judge, OF 3
(New York Yankees)

The 6-foot-7 Judge was selected by New York in the first round of the 2013 draft out of Fresno State. He hit 20 homers in the minors last season and could be one of the first options for the Yankees if they have any injuries in the outfield this summer.

Byron Buxton, OF 4
(Minnesota Twins)

The second overall pick in the 2012 draft has been one of baseball's top prospects for years but is still searching for success in the majors. He batted .209 with two homers and six RBIs in his first stint with Minnesota last season. A breakout year for the speedy centre fielder could go a long way toward helping the Twins contend.

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IN BRIEF

Osuna still Jays' go-to guy
Toronto Blue Jays right-hander Roberto Osuna will keep his job as the team's closer. The 21-year-old held off a strong challenge from reliever Drew Storen, who was acquired from the Washington Nationals.

"I'm pretty happy to be in the ninth inning again," said Osuna. "That means a lot to me, and I'm going to do my best." THE CANADIAN PRESS

Neville ousted by Valencia
Spanish club Valencia has fired coach Gary Neville less than four months after hiring the former England defender. The club made the announcement Wednesday, three days after it lost its third game in a row under the former highly rated TV analyst.

"After careful consideration, the club decided to make a change with the best interests of the (club) moving forward," it said. THE ASSOCIATED PRESS

Anscombe takes charge
Rugby Canada has named New Zealand's Mark Anscombe as head coach of the men's national team.

The 59-year-old Anscombe succeeds fellow Kiwi Kieran Crowley, who resigned in January to take over Italian side Treviso. THE CANADIAN PRESS

Spain want Nadal honour
The president of Spain's Olympic committee says he would like to see Rafael Nadal as the country's flag bearer in Rio de Janeiro, in part to make a statement after recent doping accusations made against him. Nadal was supposed to be the flag bearer at the 2012 games but he got injured. THE ASSOCIATED PRESS

RECIPE Salmon Sloppy Joes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You're wondering if a sloppy Joe can be yummy and healthy. Well, here's your answer. These gems have omega-3s from the salmon, vitamin C from the spinach and quinoa's iron and zinc goodness.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 Tbsp olive oil
- 1 clove garlic, minced
- 1/2 bunch fresh spinach, washed, trimmed and chopped
- 1 leek, washed well, trimmed and chopped well
- 2 cans salmon
- 1 cup cooked Quinoa
- 1 tsp lemon zest
- 2 Tbsp mayonnaise
- 1/4 tsp salt
- pinch of pepper
- good squeeze of lemon juice

Directions

1. Sautee garlic, leeks and spinach in olive oil over medium heat until the leeks and garlic begin to soften and the spinach wilts — maybe 3 to 5 minutes.

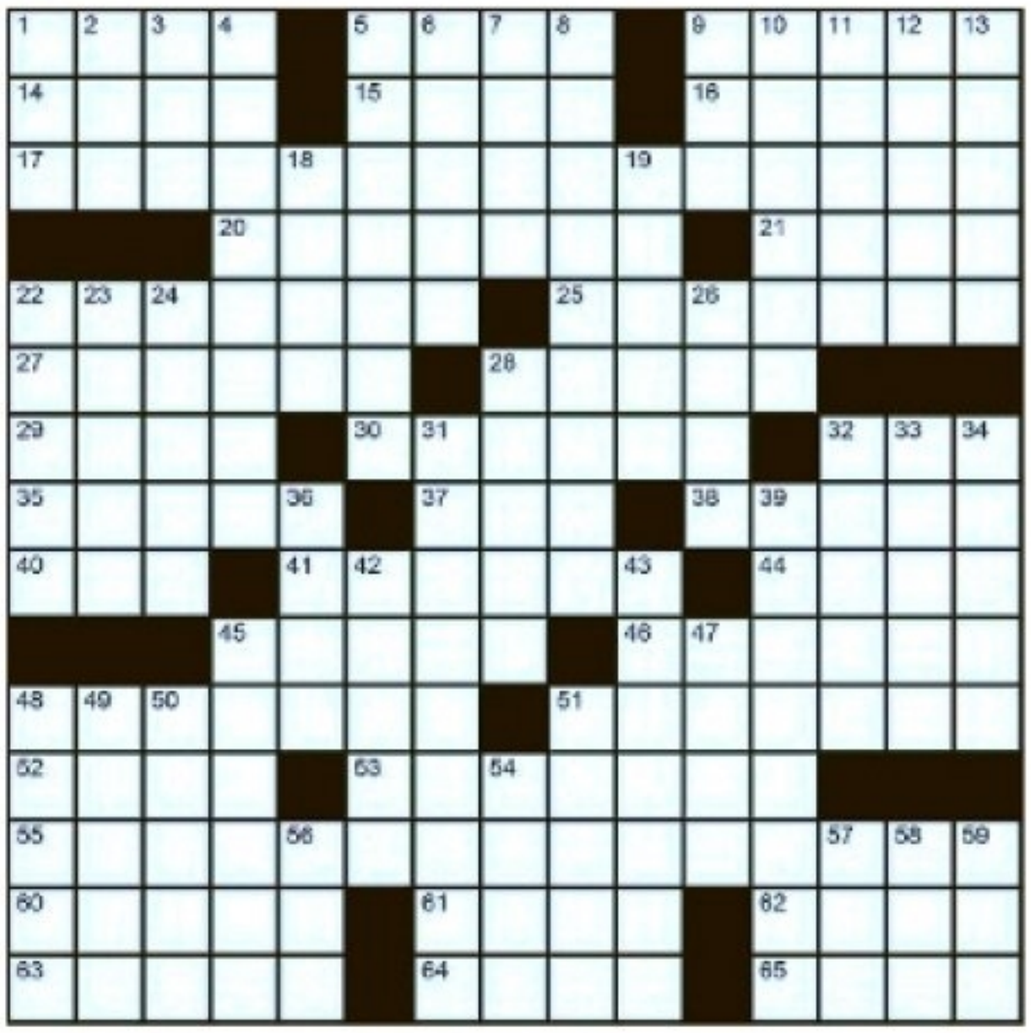
2. Drain and rinse the salmon and empty the fish into a bowl. Break it up well before adding leek mixture and quinoa and blend well. Stir in lemon zest, mayonnaise, salt, pepper and lemon juice.

3. Form the salmon mixture into patties. Cook over medium heat with a small amount of vegetable oil for about 3 minutes a side.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Paper's perspective piece
5. Attired
9. Ghana's capital
14. Cab
15. Vagabond
16. Grammy Awards org.
17. Bestseller by Canadian author Jane Urquhart which culminates with the sculpting of the Vimy Memorial in France: 3 wds.
20. Artist's prop
21. Concept
22. Yelling human
25. Saint Joseph's _ (Montreal church on Mount Royal)
27. Football kicker, sometimes
28. Sidekick
29. Vivienne's friend
30. Horrified
32. US law enforcement agcy.
35. Fast food hybrid utensil
37. Ump's call!
38. Clean with effort
40. Butterfly logo co.
41. Accepted practices
44. Possessive pronoun
45. Non-written finals
46. Start of a polite request...
48. Have fun on stage: 3 wds.
51. Yukoner's neighbouring state friend
52. Unfortunately
53. Pursuading people
55. Marconi National Historic Site of Canada, in Nova Scotia... Type of transmission made by Italian communications innovator Guglielmo Marconi, from Table Head in Glace Bay in Cape Breton, to Poldhu in Corwall in England, in 1902: 2 wds.
60. Caffeine nuts
61. _ Shan Mountains (Range in Central Asia)
62. Wicked
63. Anteater's nozzle
64. RR depots
65. Oversee

DOWN
1. Parliament Hill city, wee-ly
2. Oom-_ (Tuba sound)
3. Computer file suffix
4. Naysayer
5. "Love in the Time of _" (2007)
6. Solitude savourer
7. Aid and _
8. Highest academic degree
9. "Gimme _ '_'!" (Rimouski cheer starter)
10. Tooth's trouble
11. Words to live by
12. Less grilled
13. Try
18. England: _ Modern (London art gallery)
19. Chocolate bubbles treats
22. Muscle _
23. Camel formations
24. Chopping cook's crying causer
26. Sidewalk squishees, sadly
28. Train engine sounds
31. Hockey net supports
32. 1978 disco hit: "Le _"
33. City in Turkey
34. Norwegian dramatist Henrik
36. "Glee" role
39. Always-on-display game classic: 2 wds.
42. Barbecue _
43. Abdomen organs near stomachs
45. Bird: French
47. "_ and the Real Girl" (2007)
48. Raptors' competitors from Atlanta
49. In the Skin of _ _ (Novel by Canadian author Michael Ondaatje)
50. Actress/activist Ms. Thomas
51. Paul Bunyan, for one, in The States
54. "Be that _ _ may..."
56. Itty-bitty itemized item
57. "_ Maria"
58. Martini ingredient
59. Yore

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something that excites you today will happen, because you will be impulsive and hyper-enthused about the unexpected. A new twist in a relationship is possible.

Taurus April 21 - May 21
A surprise secret might be revealed today, which amazes you. It could be about you or about someone else. Whatever it is, it's exciting and a bit jawdropping.

Gemini May 22 - June 21
A friend will amaze you today by saying or doing something that catches you off-guard. Alternatively, you might meet someone new who is a real character — someone who is avant-garde or bizarre.

Cancer June 22 - July 23
A boss, parent or someone in a position of authority might shock you today. This person might say or do something you least expect. Nevertheless, don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be canceled, delayed or rescheduled today. Alternatively, you suddenly might have to travel if you are not expecting to do so.

Virgo Aug. 24 - Sept. 23
Check your bank account and legal documents because something having to do with shared property, inheritances and insurance matters suddenly might change today. Make sure you are on top of your scene.

Libra Sept. 24 - Oct. 23
A friend or partner will surprise you today. This person might suggest something unusual or have amazing news for you. A casual relationship could heat up. Hmmm.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted by computer crashes, power outages, fire drills, staff shortages and canceled meetings. Give yourself extra time so you have wiggle room to deal with this.

Sagittarius Nov. 23 - Dec. 21
This is an accident-prone day for your children, so be aware and remove them from hazardous situations. Meanwhile, romance could be a real surprise!

Capricorn Dec. 22 - Jan. 20
Small appliances might break down today, or minor breakages could occur. An unexpected person might knock at the door. Expect anything, because today is a crapshoot!

Aquarius Jan. 21 - Feb. 19
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be mindful and alert.

Pisces
Feb. 20 - March 20
Keep an eye on your money today because you might find money or lose it. Likewise, your possessions could be stolen or broken. Keep your eyes open!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7					4		
5					9			
			3	2	5			9
		6				5	8	
		2				9		
	9	7				3		
6			8	5	1			
			4					1
		5					2	

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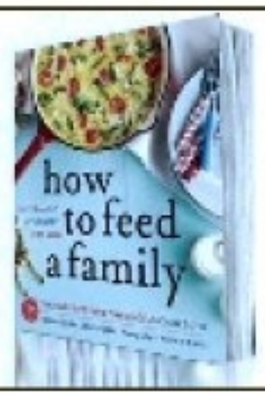
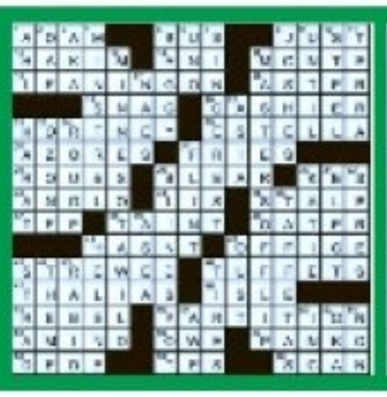


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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1	2	7	6	8	4	3	5	9
6	9	3	2	5	7	4	8	1
5	1	8	4	2	3	9	6	7
7	4	6	5	1	9	8	2	3
9	3	2	8	7	6	5	1	4

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